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24 Nov 2007 • Edition N° 935 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net

Exclusive: British Ambassador

British Ambassador Alexander Wykeham Ellis has presented his credentials to the President of Portugal and has this week spoken to **The Portugal News** of his fondness for Portugal, his admiration of the charity work done by the British community in the country, and how he envisages further boosting relations between the world's oldest alliance in the coming four years. (See pp 2 & 3)

Portugal tops for card payments

Portuguese use their bank cards more than any other European nation to pay for purchases. Of all purchases made in the country during the course of 2006, almost two-thirds (63.3 percent) were paid for by either credit or debit cards, placing Portugal at the summit of European card users. (See P. 5)

Courts support hotel sacking of HIV-positive chef

Lisbon's high 'Tribunal da Relação' appeal court has reiterated an earlier decision made by a Labour Tribunal to support a hotel chain that fired an HIV-positive chef. (See P. 4)

Smoking ban countdown

As the secretary-general of Portugal's Association for Restaurants and Similar Establishments (ARESP) said the country's eateries and watering holes are ready and willing to implement the new no-smoking law due in January, the Health sector's Director General has appealed to the nation to be "demanding" with establishments to ensure the execution of the law and the end of passive smoking. (See P. 7)

Weekend weather

Lisbon: Saturday: Sunny, high of 16° Sunday: Sunny, high of 16°. **Faro:** Saturday: Showers/Windy, high of 17° Sunday: Sunny/Windy, high of 18°. **Oporto:** Saturday: Sunny, high of 14° Sunday: Sunny, high of 15°.

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Former Chelsea manager José Mourinho tipped as favourite to succeed sacked England coach

SPECIAL ONE FOR ENGLAND?



Former Chelsea manager José Mourinho and current Portugal coach were on the short-list this week to replace Steve McLaren at the helm of England's national team after they failed to qualify for the 2008 European football championship finals.

While José Mourinho has remained tight-lipped on the England job vacancy, it is no secret that the man who brought glory to both Chelsea and FC Porto enjoyed his lifestyle in the British capital.

On the contrary, Mourinho's return to Portugal has been marred by a number of unsavoury incidents. The most notable was a playground scuffle with a boy at a Setúbal private school after the 12-year-old had taunted his 11-year-old daughter, comparing her with her father.

The Special One, displeased with the manner in which the case was conducted by the school, removed his two children from the institution.

José Mourinho reportedly said after the incident that not once did his children have to deal with playground taunts while schooling in West London.

Whether this is enough to ensure he returns to London to lead the English national side, remains unclear.

Mourinho's departure from Chelsea only two months ago came as a surprise, especially after he had established himself as the most successful manager in the club's history. But his achievements at FC Porto, where he won the UEFA Cup and Champions

Archive photo of José Mourinho saluting his fans during a Premier League match against Arsenal in London. (Photo: EPA / Andy Rain)

Special, see p. 64

Introducing the new British Ambassador



British Ambassador Alexander Wykeham Ellis, having presented his credentials to the President of Portugal on November 13, has this week spoken to **The Portugal News** of his fondness for Portugal, his admiration of the charity work done by the British community in the country, and how he envisages further boosting relations between the world's oldest alliance in the coming four years.

While British Foreign Secretary David Miliband has set the tone for an increasingly younger diplomatic service, the youthfulness of the new British Ambassador in Portugal still comes as a surprise.

But at 40, Alexander Ellis has a wealth of experience, and by his own admission, was a logical selection for the posting in Lisbon once it became available.

"When the job came up I was a possible choice and when the foreign office selected their candidate, I was very happy it was me", says the Ambassador.

Mr Ellis worked for the British government in Lisbon for five years between 1992 and 1996,

serving as third and later second secretary.

It was during this time that he met his Portuguese wife, Maria Teresa Adegas, who is also involved in the diplomatic service.

The past decade he has been working on a number of European

"When the job came up I was a possible choice and when the foreign office selected their candidate, I was very happy it was me"

Union issues, and between 2005 and 2007, says Mr Ellis "I worked for a Portuguese boss".

For three years, the Ambassador seconded as adviser to the President of the European Com-



mission, Portugal's José Manuel Durão Barroso.

"I was part of a small team, and I travelled greatly with Durão Barroso. It was enjoyable, and I like him and respect him a lot. He also gave me a new insight into Portugal", explains Mr Ellis.

Speaking to **The Portugal News** on Wednesday at the British Embassy in Lisbon, Mr Ellis tells of how he wanted to become a teacher, following in the footsteps of both his parents and grandfather.

But the urge to travel, he says, was stronger, and was partly the reason why he decided to look for work in the diplomatic service.

The ambassador is full of praise for his team at the embassy.

"I am very fortunate to have the team I have. I am here to show that the oldest alliance is about tomorrow and not just yesterday".

"I was part of a small team, and I travelled greatly with Durão Barroso. It was enjoyable, and I like him and respect him a lot. He also gave me a new insight into Portugal"

But with a background that is heavily centred on politics, does Alexander Ellis believe his ap-

pointment was a political one?

"I have to represent the United Kingdom in every sense, not only on the political side, but also on the commercial and consular sides.

"My background is in the European Union, but one of the attractions of this job is widening that experience and getting into all the different areas involving British Portuguese relations", he explains.

While there has been some criticism of the sale of some prime real estate in the centre of Lisbon, initiated by his predecessor John Buck, the new Ambassador believes the process is serving the best interests of the British taxpayer.

"I will continue with the estate issues initiated by my predecessor - to sell some of it - which we are in the process of doing. But it is what my predecessor did, what I am doing, and who knows, perhaps what my successor will be doing as well".

But what are the reasons behind this sell-off en masse? "Because British taxpayers rightfully demand value for money from the Foreign Office. We have enormous demands worldwide - think of the security for the embassy in Afghanistan and the cost involving its building.

"Like all organisations we need money and we have to be sensible and tough in managing our estate, and like all ambassadors that is part of my role", explains Mr Ellis.

But not to the detriment of British expatriates living in Portugal?

"No. I would think any British taxpayer wants value for

money".

Moving on to the thorny issue of Zimbabwe and whether the attendance of Zimbabwean President Robert Mugabe and the boycott of Prime Minister Gordon Brown at next month's EU-Africa summit could sour relations between Portugal and Britain, he replied: "Robert Mugabe's attendance is not an issue for the world's oldest alliance. If Robert Mugabe comes, and we don't know if he'll come yet, then Gordon Brown will not attend.

"The EU has a policy towards Mugabe in terms of visa restrictions, but there are exceptions to that, which will be the case should he attend and I think if he attends, he will be the only person in Lisbon that is on the EU's visa banned list. The UK is fulfilling EU policy by not wanting to sit at the same table as Robert Mugabe", says the Ambassador in his Prime Minister's defence, adding: "But we understand the position of the Portuguese presidency and we have worked very closely with Portugal and other EU member states on the substance of the summit. The Portuguese knew in advance of our position".

"I am here to show that the oldest alliance is about tomorrow and not just yesterday"

What sort of representation will Britain have at the December 8 and 9 summit?

"The UK will be there. Although I am not sure at what level. The Prime Minister has said he will not go if Robert Mugabe comes, and no cabinet minister will attend either. But what the

THE PORTUGAL News

Represented in Portugal by:



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Edições e
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Web: www.the-news.net

Distributed nationally by VASP

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The Portugal News is owned and published by:
The News Group of Newspapers Inc. Depósito Legal N° 80258/94
Printed by: MIRANDELA Gráfica, Lisbon
Print Run (Tiragem): 24,185

Publisher: Paul Luckman
Editor: Brendan de Beer
Production Drcr: Madeline Luckman
Algarve News: Carrie-Marie Bratley
Events: Raquel Salbany
Preview: Nikki Hall
Travel: Sherry Hughes
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"Robert Mugabe's attendance is not an issue for the world's oldest alliance. If Robert Mugabe comes to Lisbon, and we don't know if he'll come yet, then Gordon Brown will not attend"

representation will be, I don't know."

On whether Mr Brown's absence would weaken the objectives of the summit, Mr Ellis answered as follows: "This Prime Minister's contribution to Africa speaks for itself, not least through the Millennium Development Goal initiative announced in July. The Prime Minister is a signatory supporting that and everybody knows he is committed to development in Africa, I don't think anyone can question that".

Referring to the British community here in Portugal, and what they can and should expect from the Embassy, Mr Ellis explained:

"I love living here"

"Any British citizen should receive high quality consular support, and I think they receive it from the consulates in Portimão, Oporto, Madeira, in Lisbon and the Azores.

He adds: "We are in the process of re-organising our consular services so that we can pool some of our tasks into a central back office, for example passport production. And that should free up time for frontline staff to deal with more difficult issues such as child custody cases and deaths.

"We are also here to increase British exports to Portugal and increase Portuguese investment in the United Kingdom".

What can Britons expect should they have trouble with Portuguese authorities especially in the wake of the high profile Madeleine McCann case, where three UK nationals have been declared formal suspects?

"We don't provide a legal service. But we can provide a list of

lawyers. The media focus has been extraordinary in the McCann case. Under these circumstances we can explain how the Portuguese legal system works, but we are not lawyers."

The Ambassador further explains that the McCanns would be given 'proper consular support' from the Embassy if they were to return to Portugal.

Speaking about Portugal, the Ambassador stressed how much

"The UK is fulfilling EU policy by not wanting to sit at the same table as Robert Mugabe"

he enjoys living and working here.

"I love living here. I know some parts of the country very well. The people are very welcoming to foreigners, I enjoy the food and wine and I hope to enjoy the golf", he says, indicating that his busy

schedule has not yet permitted the luxury of completing a round of golf.

And should he maintain his current pace, it is unlikely a golf course will see the Ambassador soon.

The Portugal News managed to sneak a peak at his agenda for this past Wednesday.

The Ambassador's day started at 7am having breakfast with General Richards, Com-

"One thing that has struck me is the voluntary work done by the British community and this is an admirable characteristic of the British expatriates in Portugal".

mander of the NATO Allied Reaction Corps.

This was followed with a political/PPA section morning meeting (PPA: Press & Public Affairs), followed by an interview with The Portugal News and an hour later, the Ambassador was paying a call on the Di-

rector General of GlaxoSmithKline in Portugal.

Then there was a visit to the Tropical Research Institute in Lisbon, a meeting the Director of European Strategy and Labour Market Flexibility from BERR, a call on the Foreign Ministry to discuss the UK position on a specific EU related issue, host a drinks reception for Portuguese and British business leaders in Lisbon, attend the Japan National Day reception, and 13 hours later, organise a dinner for house guests at the Ambassador's residence.

Is the embassy the place to come to for a Portuguese investor looking to invest in the UK?

"Very definitely, we have a dedicated team at the embassy working on getting Portuguese to invest in the UK. Guide them through the red tape, tell them what's on offer in terms of tax breaks and take Portuguese business over to Britain ourselves and I think this service we provide is very good."

But do these services not encroach on British Portuguese Chamber of Commerce territory?

"I would hope we provide complimentary services", he says.

Does the ambassador believe the EU has to a degree rendered the role of embassies unnecessary?

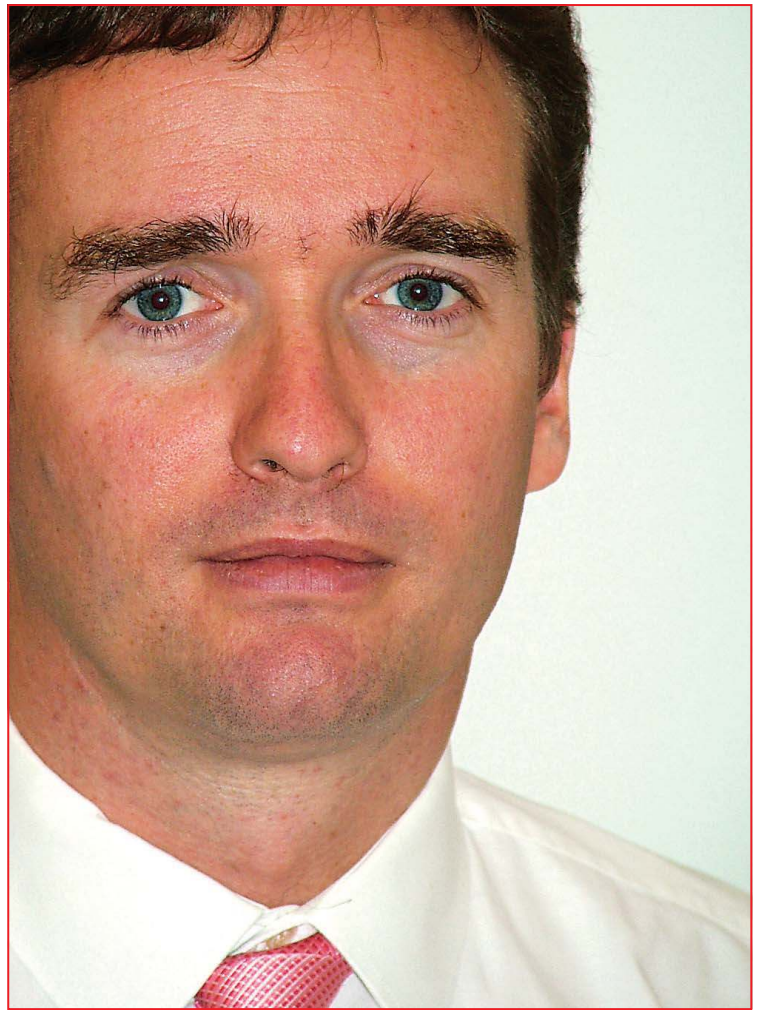
"Things have changed a lot. We are no longer needed to explain the 'what', but we can explain the 'how' and the 'why' - we have knowledge of the language, the country".

Concerning future relations between Britain and Portugal, the Ambassador did not hesitate when saying: "This is a world in which you need your allies, and the alliance between Britain and Portugal will remain."

As the interview drew to a close, the Ambassador made special mention of the British community and the charity work they do.

"One thing that has struck me is the voluntary work done by the British community and this is an admirable characteristic of the British expatriates in Portugal".

Brendan de Beer



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London applauds Lisbon's reticence on Mugabe presence at EU-Africa summit

Portugal's EU presidency prefers that Zimbabwean President Robert Mugabe not attend the Europe-Africa summit Lisbon hosts next month to avoid detrimental controversy, Foreign Minister Luis Amado said Wednesday.

"We don't know who will be there (at the summit), but if you ask me whether I'd like to see Robert Mugabe in Lisbon, my answer would be: 'No'." Amado told journalists in Singapore.

"It would be better if (Mugabe) was not present because it would create noise around the summit that, to me, would distract from the essential (matters) under discussion" at the December 8-9 apex meeting, he added.

A spokesman for the British government, which has said it would boycott the summit if

Mugabe attended, welcomed Amado's stance in comments to Lusa in London.

A Foreign Office spokesman said the Portuguese presidency's position meshed with Britain's concern that Mugabe's presence would "overshadow" the long delayed meeting between the European Union and the African Union.

London, the official added, had yet to decide who would represent it in Lisbon next month.

Prime Minister Gordon Brown has said that neither he nor any senior member of his cabinet would travel to Lisbon if the Zimbabwean leader, who faces EU travel and other sanctions due to his disrespect for human rights, came.

Also on Wednesday, Zimbabwe's parliament speaker, John Landu Nkomo, delivered a message from Mugabe to Angolan

President José Eduardo dos Santos, thanking Luanda for its backing in the summit controversy.

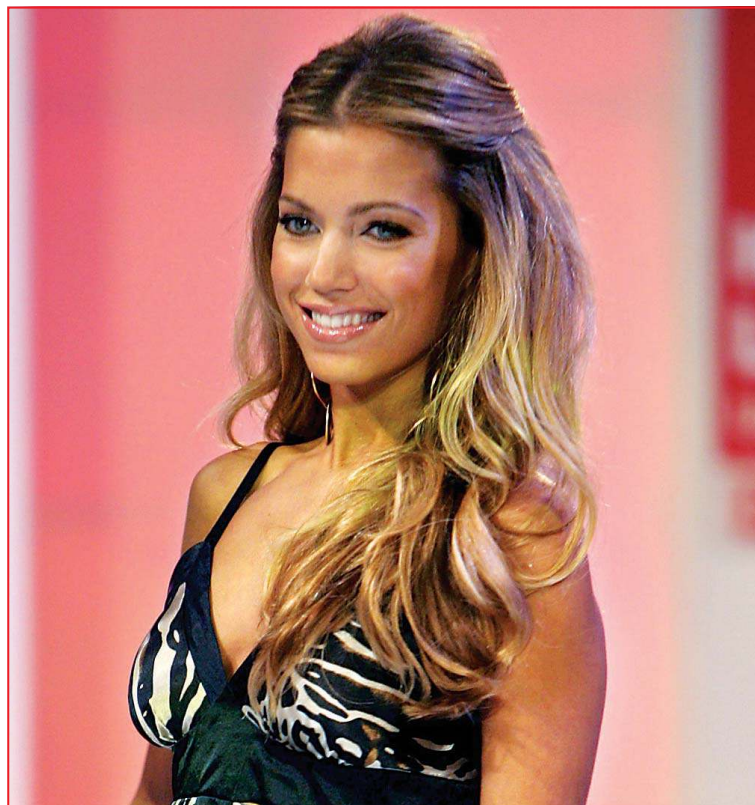
Speaking for the Portuguese EU presidency, Amado announced Tuesday that Mugabe would receive a "very firm and very clear" message on the situation in Zimbabwe if he attended the summit.

He said the EU would also send a special envoy to Zimbabwe to prepare a report on the country's plight ahead of the apex gathering, as requested by London.

The first EU-AU summit was held in 2000 in Cairo under the previous Portuguese presidency.

Lisbon's efforts to host a second summit in 2003 were frustrated by London-led opposition to Mugabe's presence. TPN/Lusa

Portugal has fourth highest AIDS figure



Model Sylvie van der Vaart during the fashion show 'Event Prominent' in Hamburg, Germany on Sunday. The proceeds of the event will be donated to the organisations 'Dunkelziffer' for sexually abused children and 'Hamburg Leuchtturm' for people with AIDS. (Photo: EPA/Kay Nietfeld)



Portugal is the western European country with the fourth highest rate of new HIV infections detected in 2006, an annual report by the United Nations on the disease has revealed.

Topping the list with 8,925 new HIV infections last year is Britain. Between 2001 and 2006, the number of cases in that country doubled, the UN report reveals.

The majority of new infections are among homosexual men and heterosexual men and women who contracted the virus in high risk countries, especially in sub-Saharan Africa and the Caribbean.

Portugal, with 2,162 new cases last year, ranks fourth, behind Britain, France and Germany.

The only other European country with more than a thousand new infections per annum is the Netherlands.

Separately, a UN report published last December showed that whilst the number of AIDS cases continues to rise in Portugal, the number of drug users contracting the disease is in decline.

The UNAIDS report revealed that by the end of 2004, 25,968 HIV cases had been detected in Portugal and that 11,755 of these had gone on to develop full blown AIDS including 6,046 who had died.

Just over 50 per cent of those infected had contracted the disease by injecting themselves with

drugs using contaminated needles, 33 per cent through sexual contact and 12 per cent through men engaged in homosexual acts.

However, the report points out that the number of AIDS deaths from contaminated drug needles is in decline from 598 cases in 1998 to 212 in 2003, while the number of heterosexual transmission cases has risen.

Between 2001 and 2005, HIV diagnoses among drug injectors fell by almost a third following the implementation of special government prevention programmes.

In 2004, Portugal's Health Ministry reported 2,825 new HIV cases for the year, 802 new AIDS cases and 285 AIDS deaths.

The UNAIDS report shows that while the number of HIV/AIDS cases continues to increase across the EU, sub-Saharan Africa is still bearing the brunt of the epidemic.

Almost three-quarters of worldwide deaths from AIDS in 2006 occurred in southern Africa and two-thirds of those living with the disease are from this region. UNAIDS says that there are now an estimated 39.5 million people in the world living with HIV.

The number living with the HIV virus has risen everywhere, with the most striking increases in East Africa, Central Asia and Eastern Europe.

The report, which is based on disease surveillance around the world, says there were an estimated 4.3 million new HIV infections this year, with 2.8 million of these occurring in sub-Saharan Africa. Forty per cent of new infections were in people aged 15 to 24-years-old. Across the world during 2006, 2.9 million people have so far died of AIDS-related illnesses.

Dr. Anders Nordstrom of the World Health Organisation, commenting on the report said: "It is imperative that we continue to increase investment in both HIV prevention and treatment services to reduce unnecessary deaths and illnesses from this disease".

Some countries, such as Uganda, are seeing a resurgence in new HIV infection rates which were previously stable or declining.

In Eastern Europe and Central Asia there was a 70 per cent increase in the number of new infections in 2006 compared with 2004 - 270,000 as against 160,000.

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Courts support hotel sacking of HIV-positive chef



Lisbon's high 'Tribunal da Relação' appeal court has reiterated an earlier decision made by a Labour Tribunal to support a hotel chain that fired a HIV-positive chef.

A written version of court's ruling reads: "It has been proven that [the individual in question] is a carrier of HIV and that this virus exists in blood, saliva, sweat and tears. Therefore transmission is possible in the event that any of these fluids are spilt onto food that is then served to and consumed by anyone with a wound on the mouth".

For that reason magistrates concluded that, if the cook was to continue in his role as a chef, he would present "a hazard to public health, namely to hotel and restaurant clients".

The three judges that signed the ruling had scientific evidence and input at their disposal, a piece of which had been submitted by the Centre of BioMedical Law, requested by the National Coordinating Body for the Infection of HIV/AIDS. This particular piece of evidence denied and dismissed

any risk posed by an HIV-positive chef working in a hotel restaurant, but was ultimately ignored by magistrates in their initial decision pronounced in May this year.

A second hearing was conceded after the employee resorted to the Supreme Court of Justice.

According to Henrique Barros, national Coordinator for the HIV/AIDS viruses, "from a biological point of view, the conclusions were never proven, nor does the scientific community consider them to be plausible".

Refusing to comment on the judge's decision, he added that, whilst it is true that the virus exists in sweat, tears and saliva, "it is irrelevant in terms of transmission as the concentration of the virus is insufficient to cause infection".

A former employee of the Sana Hotel Group the individual in question had worked in one of the chain's hotel and

restaurant kitchens for seven years before being taken ill in 2002. He was given a year's sick leave following a bout of tuberculosis.

After returning to work and consulting a company doctor, more tests regarding his clinical condition were carried out, though initial tests did not detect the HIV virus. It was only after the employee informed the doctor of his condition that his illness became known, despite being told by the doctor he could "return to his profession in full", and that he "did not pose a threat to his colleagues".

In 2004 he received a letter from his workplace medic saying he had been considered 'indefinitely unfit' to return to his profession as a chef as he was not allowed to handle food products.

Despite contesting the decision, an ultimate ruling has sided with the Sana Hotel chain.

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Euromed ministers debate common strategies for migration in Algarve



European Union ministers and counterparts from southern Mediterranean rim countries gathered Sunday in the Algarve under the Portuguese EU presidency for their first Euromed meeting dedicated solely to migration issues.

"Migrations are a priority for the Portuguese presidency", Internal Administration Minister Rui Pereira said of the two-day meeting he hosted between the 27-nation bloc, and 10 southern and eastern Mediterranean partners in the coastal resort of Albufeira.

The discussions began at a dinner meeting Sunday and continued into Monday.

"We do not have the notion of a 'Fortress Europe' and want immigration to provide development opportunities for both sides", Pereira told Lusa ahead of the gathering.

"The approval of a joint political declaration will serve as a landmark because its very existence will signal a climate of confidence and readiness to talk among the nations on both shores" of the Mediterranean, he added.

The European Commission has pledged to help finance concrete measures that emerge from the Euromed discussions.

The agenda of the meeting, which was attended by Franco Frattini, Brussels' commissioner for justice, freedom and security, included discussion of measures to strengthen legal migration and to combat illegal flows.

The first Euromed gathering fully devoted to migration issues converges with growing efforts in

the EU to forge an integrated migration policy.

The ministers also debated steps to ease and channel immigrant remittances, to create micro-credit schemes for development and to aid legal migration through a "blue card" system for qualified workers, officials said.

Increased cooperation in fighting illegal migration from and through North Africa, and the Middle East, they added, figured high in the discussions.

Commissioner Frattini told the European Parliament last week that it was "essential to convince the Mediterranean partners to sign the convention against human trafficking".

Joining the EU ministers in Albufeira were their counterparts from Morocco, Algeria, Tunisia, Egypt, Jordan, Israel, the Palestinian Authority, Lebanon, Syria and Turkey. Libya participates with observer status.

The Euromed partnership was born in 1995 in Barcelona. *TPN/Lusa*

Photo above right: Portuguese Internal Affairs Minister, Rui Pereira (2L), chats with the Portuguese delegation at the beginning of Monday's Euromed Ministerial Meeting on Migrations held in Albufeira. (Photo: Lusa / Luis Forra)



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Portugal tops for card payments

Portuguese use their bank cards more than any other European nation to pay for purchases. Of all purchases made in the country during the course of 2006, almost two-thirds (63.3 percent) were paid for by either credit or debit cards, placing Portugal at the summit of European card users.

With this total Portugal is the leader among the 27 European Union states, narrowly beating Denmark and Sweden into second and third places respectively.

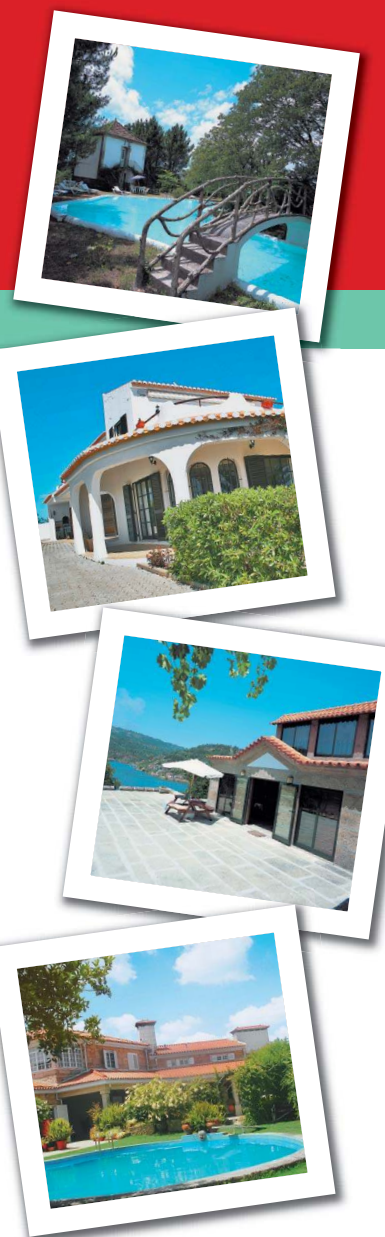
These findings were made by a special research team who conducted a survey on card payments commissioned by the European Central Bank for all transactions performed last year.

The large majority of card payments made by Portuguese consumers, contrary to what many observers might

believe, are done using debit cards.

A total of 763 million payments, totalling 25.2 million euros were made using debit cards in 2006. Credit cards, on the other hand, were used to cover payments of 343.8 million transactions for a total of 15.1 million euros.

After bank cards, Portuguese prefer cheques to make payments, with roughly one in six of all transactions made using this method of payment, placing it fifth overall in the enlarged European Union.



Portuguese presidency pledges aid after devastating Bangladesh cyclone



An image showing Bangladeshi family members sitting amid ruins of their house on Monday after the cyclone, Amtali, Bangladesh. According to authorities, the death toll from the cyclone in Bangladesh had reached more than 3,100, with officials saying there could be an estimated 10,000 people dead, as rescue workers obtained more information when reaching remote islands off the coast. (Photo: EPA/Abir Abdullah)

The Portuguese EU presidency has expressed its "deepest sympathy" to Bangladesh over the death and destruction caused last week by Cyclone Sidr and

promised humanitarian aid.

In a statement issued earlier this week, Lisbon said the European Commission's ECHO aid agency would provide emer-

gency funds to supply "urgent assistance to those in need".

Brussels announced it was giving an additional 5 million euros in emergency aid to Dhaka, be-

yond an initial donation of 1.5 million euros.

The worst cyclone to strike Bangladesh in a decade, Sidr killed more than 3,000 people, according to the latest official figures.

The death toll continues to climb as rescue and aid teams reach remote areas and the country's Red Crescent organization has estimated it could rise above 10,000. TPN/Lusa

Venezuela's Portuguese community at centre of Sócrates, Chaves talks



Venezuelan President Hugo Chaves paid a brief visit to Lisbon on Tuesday for talks with Prime Minister José Sócrates, discussions centred on bilateral relations and issues related to the large Portuguese community in the South American country.

More than energy issues, a Portuguese government official told Lusa that Prime Minister Sócrates raised "in detail" problems faced by the 500,000-strong Lusophone community in Venezuela, including questions of "security, education, trade and social security".

Many former Portuguese immigrants complain that on returning home they face Venezuelan "bureaucratic difficulties" in receiving social security pensions, the official said.

Venezuela's ambassador in Lisbon, Lucas Rincón Romero, said on Monday that Chaves raised topics related to Latin America-European Union ties

and other international issues, in light of Portugal's current mandate as EU president.

On the bilateral front, the ambassador said Chaves' dinner meeting with Sócrates served to "strengthen ties" in the cultural, trade, socio-economic and business sectors.

Chaves arrived in the Portuguese capital late Tuesday afternoon from Paris, where he held talks with French President Nicolas Sarkozy.

Earlier, the Venezuelan leader participated in the OPEC summit of leading oil-producing nations in Saudi Arabia and visited Iran.

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(From Cambridge Advanced Learner's Dictionary)

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Government appeals for less road deaths



Portugal's Minister of Internal Affairs (MAI), Rui Pereira, has this week appealed to the country to help keep the number of road deaths at under one thousand per year, a landmark that was first achieved in 2006.

The minister was speaking at a 'Memorial Day for Road Victims' ceremony in Santarém, near one of the country's most ill-fated stretches (Estrada Nacional 3), organised to pay tribute to those whose lives have been claimed in road accidents. During his speech Minister Pereira refuted accusations of using tragedy, and indeed the event, for political benefits.

"There is no political gain and we are not having a celebration", he said, "today is a day to encourage sobriety and responsibility".

Stressing the need to educate the population and children in particular to the "importance of behaving responsibly in relation to roads and traffic", he explained his presence at the event as being "a symbol of the importance the government attributes to this fight".

Regarding the number of road deaths registered so far this year, the Minister recalled that the re-

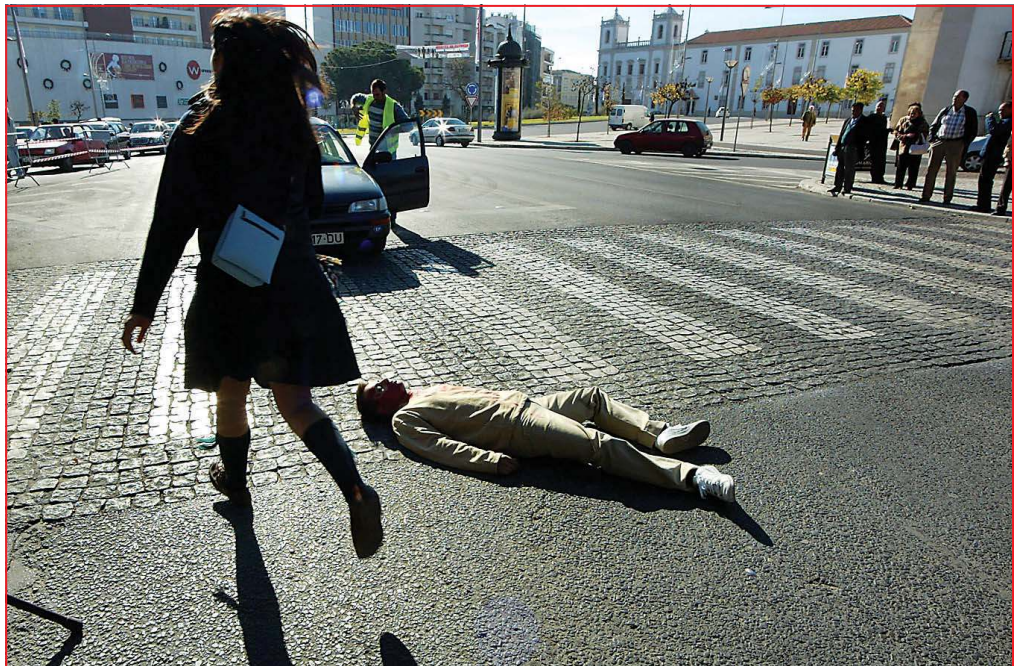
cent accident that took place on the A23 was alone responsible for 16 fatalities, but he said it would be preferable to wait until the end of the year before making any estimates.

"In comparison to 2006, I repeat that it is premature to make an estimate. There were fewer 'serious' accidents and fewer accidents. Concerning the number of deaths, we will calculate them at the end of the year" he said.

He also revealed that there has been steady progress since the 1980's, when there were more than 2,500 road deaths per year.

For the first time, in 2001, there were less than 1,500 road deaths registered, subsequently decreasing to less than one thousand in 2006.

Said Minister Rui Pereira, "We must now stabilise that result, make sure that it was not just a one-off, we must consolidate it as a national effort that is an affirmation of a stable civilization".



A simulation of an accident on a zebra crossing to mark 'Memorial Day for Road Victims' which took place on Sunday. (Photo: Lusa / Paulo Cunha)

New laws for drivers' licence renewal



According to new laws to be instigated in January 2008, holders of passenger vehicle driver's licences who attain 50 or 60 years of age in 2008 will, as of January 1st, be obliged to renew their licences, regardless of when the document was issued.

Previously earmarked at 65 years of age, renewals will now commence, in effect, some 15 years earlier, a first at 50 years of age, followed by a second, compulsory renewal at 60 years of age. Original renewal laws that made it compulsory to revalidate licences at 65 and 70 years of age still apply.

Therefore, between the ages of 50 and 70, documents will have to be revalidated a total of four times, and every two years after the age of 70.

Concerning lorries and goods vehicles, drivers' licences have to be renewed first at the age of 40, then every five years until the age of 65, then every two years, the same applying to collective passenger vehicles (i.e. buses and coaches), though these are not renewable after the age of 60.

From January, drivers should ignore the validity date on licences and be guided by the newly stipulated age groups.

Despite being contemplated for the last two years and in-

voked now as of 2008, according to the president of the Portuguese Automobile Club (ACP), Carlos Costa, there are still "many people who are not informed of these laws".

Requests to renew licences must be accompanied by a doctor's medical assessment and handed in to the respective departments six months prior to completion of the stipulated ages. All drivers will receive a letter divulging this new law some time during the first trimester of 2008.

Smoking ban countdown stirs concerns

As the secretary-general of Portugal's Association for Restaurants and Similar Establishments (ARESP) guaranteed the country's eateries and watering holes are ready and willing to implement the new no-smoking law due in January, the Health sector's Director General has appealed to the nation to be "demanding" with establishments to ensure the execution of the law and the end of passive smoking.

It is thought that the majority of establishments, from cafés and snack shops to restaurants, bars and discos, will adhere to a complete no-smoking ban, but those that choose to have smokers' section will have to comply with government-established regulations, including the installation of specialised equipment

and extractors.


José Manuel Esteves Hoenesto, secretary-general for ARESP, said earlier this week, "As of January 1st there will be no more involuntary passive smokers".

As to whether Portugal is ready to embrace such a large-scale change, he replied, "not

only will the majority of our establishments opt to be fully non-smoking, but those who do want to allow smoking will be properly identified. We have been preparing for the implementing of this new law for months".

These affirmations are, however, somewhat contradictory to the concerns of National Health

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Board's Director General, Francisco George, who has appealed for "more citizen involvement in creating a movement of demand like the one that took place con-

cerning abortion laws".

Francisco George has voiced concerns over an "apparent passivity on behalf of citizens and the owners of restaurants,

cafés, cake shops and other similar establishments concerning the application of a law that will be active in less than two months".

Kosovo and Serbia need "pressure" to reach accord, says Lisbon



Portuguese Defence Minister, Nuno Severiano Teixeira, President of the European Defence Council, speaks during a news conference in Brussels on Monday. EU foreign and defence ministers discussed how to tackle Iran's disputed nuclear ambitions, after the report by the International Atomic Energy Agency on 15th November, which says that the country had made important progress towards clarifying its nuclear activities. (Photo: EPA/Olivier Hoslet)



Portugal's EU presidency said Monday that Europe must "maintain pressure" on leaders in Serbia and Kosovo to agree on the future of Belgrade's breakaway province, but the "world will not end" if the two sides fail to reach accord ahead of next month's deadline.

Speaking after a Brussels meeting of his EU colleagues, Portuguese Defence Minister Nuno Severiano Teixeira said: "What is important at this stage is to maintain negotiating pressure on the parties to reach an accord."

A few hours later, Portuguese Foreign Minister Luis Amado said after chairing an encounter of his EU counterparts in the same city, that if no agreement is reached between Belgrade and Pristina, as many analysts expect, "we'll still be here and the world won't end."

What is vital, added Amado, is "a common EU position" on Kosovo, which "is a very important stability factor."

Earlier the same day, Portugal's head of diplomacy expressed hope that "good sense" would prevail in the negotiating countdown over Kosovo, cautioning European counterparts to wait "until the last minute" to take a final stance.

Despite the apparent impasse in ongoing negotiations between Serbia and its Albanian-majority province, Amado noted that there were still two rounds of talks scheduled before the international "troika" of mediators presents its report to UN Secretary-General Ban Ki-moon on December 10.

"We believe there's good sense on all sides", Amado said on arriving to chair a meeting of EU foreign ministers in Brussels, where the future status of Kosovo was high on the agenda.

"We have been in talks with all sides involved in this process and the 10th (Dec.) is only the day to report to the UN secretary-general by the troika contact group", he added.

Amado noted that the EU council would meet on that same date to "see what steps the EU will take".

He cautioned his EU partners to "wait until the last minute of negotiations" before taking a "clear position" on Kosovo's future.

The foreign ministers meeting in Brussels Monday, he added, heard a report from the EU's troika representative, Wolfgang Ischinger, and would "reflect together on the next steps" to be taken.

The troika, which also included the United States and Russia, considered new proposals for presentation to the Belgrade and Pristina delegations in talks on Tuesday, and another round of negotiations is scheduled for early next month, Amado said.

While EU members remain divided over their views of the Kosovo controversy, Washington openly backs Pristina's demand for independence and Moscow Belgrade's offer of wide autonomy of the province.

Running through Tuesday, the two-day council meeting chaired by Amado also reviewed the Portuguese presidency's preparations for upcoming summits with China, India and the African Union, among other issues.

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Lisbon wants wider defence cooperation with Brazil

Portugal wants to widen its defence cooperation with Brazil beyond existing collaboration in the area of military academies, the Lisbon government has said.

Portuguese Defence Minister Nuno Severiano Teixeira told the Lusa News Agency from Rio de Janeiro that he has invited Brazilian counterpart Nelson Jobim to visit Portugal early in 2008.

Next year's visit by Brazilian defence officials will allow areas of new bilateral cooperation to be identified, added Severiano Teixeira, possibly in the "defence industry".

Lisbon and Brasilia's defence ministers will also analyse international security issues and the current modernization of various Latin American armed forces, added the Portuguese minister.



the-news.net

Portugal praises global death penalty moratorium



Portugal's EU presidency has praised the "historic" decision taken by a United Nations panel to support a resolution calling for a worldwide moratorium on the death penalty.

In a statement last Thursday, Lisbon's EU chair said on behalf of the 27-state bloc: "This is a historic moment: for the first time a resolution on the use of the death penalty was adopted by the UN General Assembly."

The resolution, approved by the UN's human rights committee, calls for "a moratorium on executions with a view to abolishing the death penalty."

It was passed 99-52 with 33 abstentions and will likely go to the full General Assembly next month.

In its statement, Portugal's EU

presidency said the approval of the anti-death penalty resolution was the result of broad consultations among all UN member states and led by a group of countries including Albania, Brazil, Croatia, the Philippines, Mexico, New Zealand and East Timor.

A global death penalty moratorium is of "fundamental importance" for the protection and promotion of human rights and the EU has a longstanding opposition against execution for any crimes, the official Lisbon statement added.

TPN/Lusa

Ministers OK first common Cultural Agenda for bloc



EU culture ministers have approved the bloc's first joint Culture Agenda, an initiative aimed to boost cooperation between the 27 member states, the European Commission and cultural agents.

The initiative was taken in Brussels at a meeting chaired by Culture Minister Isabel Pires de Lima, who represented the Portuguese EU presidency.

Approval of the EU's first cultural agenda, Pires de Lima said, demonstrated the possibility of "working together in priority areas, namely intercultural dialogue, the Lisbon Agenda and the external cultural sphere".

She said the new common approach would allow for "con-

certed and coordinated policies".

The European Commission, which authored the proposal, praised the ministers' action, describing it as opening a "new era in the method of cooperation" in the cultural arena.

The ministers also designated the cities of Turku in Finland and Tallinn in Estonia as the European Cultural Capitals in 2011 and Portugal's Guimarães and Slovenia's Maribor as the capitals the following year. *TPN/Lusa*



The Minister of Culture Isabel Pires de Lima, next to the President of the Portuguese Institute of Museums, Manuel Bairrão Oleiro, during the signing ceremony for the Pro Museums contract on Monday in Lisbon. (Photo: Lusa / José Sena Goulão)

Cape Verde calls special EU relationship an "extraordinary victory"



The granting of "special partnership" status by the European Union to Cape Verde on Monday is an "extraordinary victory" for the archipelago, says Prime Minister José Maria Neves, Praia's leader.

In a statement reacting to the EU's bestowal of preferential status for his country, Neves said: "We have started this 21st Century well. We are making the history that Cape Verde deserves."

The approval of special status for Cape Verde demands a major shake-up in the West African islands, particularly in the sectors of justice, security and public finances, added Neves, and "levels of civil service productivity will also have to change."

"The special partnership will allow Cape Verde's development process to accelerate. It will permit the competitive entry of Cape Verde in the world economy, and for the country to become close to the most dynamic and competitive social and economic areas."

Praia's top diplomat, Victor Borges, said the closer relationship with Europe will allow Cape Verde to benefit from the EU's partnership with former European colonies of the Africa, Car-

ibbean and Pacific (ACP) bloc.

Welcoming news of his country's enhanced EU ties, Borges noted "Cape Verde should be aware that the benefits are proportional to the country's efforts."

The EU's decision was announced in Brussels during a meeting of the bloc's general affairs and foreign relations council chaired by Portuguese Foreign Minister Luis Amado.

Proposed by the European Commission, the special part-

nership with Cape Verde will bolster political dialogue and economic convergence between the EU and Praia, according to the

document approved Monday.

The EU applauded Cape Verde for its ongoing political and economic reforms, saying an "ac-

tion plan" would be drafted for closer political and economic ties, including the islands' access to new EU funding. *TPN/Lusa*

Portugal says Mugabe will get "tough and clear" message in Lisbon

Portugal's EU presidency said Monday that it will deliver a "tough and clear" message to Zimbabwean President Robert Mugabe, if he attends the upcoming Europe-Africa summit over European concerns over human rights abuses in the African state, officials said.

Portuguese Foreign Minister Luis Amado, chairing a meeting of his EU colleagues, said a debate would be organized on Zimbabwe's social and economic crisis during next month's EU-AU summit and a "tough and clear" message would be delivered to Zimbabwe's president, diplomatic sources said.

Amado also expressed to his counterparts Lisbon's displeasure at the presence of Zimbabwe's octogenarian leader at the EU-AU summit running December 8-9 in the Portuguese capital, but all leaders have been invited to the event, the same sources said.

Portugal's top diplomat announced after the Brussels meeting of EU foreign ministers, that Europe is sending an observer mission to Zimbabwe and other Southern African states, following a request from the UK, to deliver a report ahead of the Lisbon EU-AU leader's summit.

"It's a work of evaluation

that will be reported to the (EU) presidency and states interested in this report," added Amado.

British Prime Minister Gordon Brown has vowed to boycott the summit if Mugabe shows up in Lisbon. London says no senior cabinet minister will stand in for Brown if Zimbabwe's leader attends the meeting.

Most EU capitals say they would prefer Mugabe to stay away from the summit, but German Chancellor Angela Merkel is among EU leaders backing his participation, as this allows criticisms to be raised about Zimbabwe's road to ruin. *TPN/Lusa*



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EC unveils its vision for a modern single market for all



Irish EU Commissioner of Internal Market and Services Charlie McCreevy, EU Commission President José Manuel Barroso and Czech EU Commissioner of Employment, Social Affairs and Equal Opportunities Vladimír Špidla talk during a press conference at the EU Headquarters in Brussels, on Tuesday. The European Commission said it has adopted a package of measures to streamline the bloc's single market and combat malfunctioning sectors hit by lagging productivity, media reported. EPA/Benoit Doppagne)



The European Commission has this week set out a package of initiatives to modernise the European single market and to bring more benefits to Europeans, building on past successes.

The single market, the EC said in a statement published on its official website on Tuesday, has already helped create competitive companies, reduced prices, more choice for consumers and a Europe attractive for investors. The Commission's measures are based on extensive consultation. They will ensure that the single market does even more to take advantage of globalisation, empower consumers, open up for small businesses, stimulate innovation and help maintain high social and environmental standards. Among the most important policy actions set out in the single market package adopted by the Commission are initiatives to: help consumers to exercise their contractual rights and get redress across borders; provide better information for

consumers and small businesses; respond to weaknesses in sectors where the single market should deliver more; propose a Small Business Act; and introduce a "researcher passport"; clarify how EU rules apply to services and social services of general interest; and promote the quality of social services across the EU.

Commission President José Manuel Barroso said: "This package puts consumers and small businesses first. It marks the start of a new cycle for the single market."

"This balanced package will mean a single market that does more to boost Europe's response to globalisation, to create growth and jobs, to ensure fair prices and to contribute to social and environmental protection."

Accord close on new EU technology institute says Portugal

Portugal's EU presidency has said that member states are closer to a final accord to establish the European Institute of Technology (EIT), an integral part of the bloc's revised Lisbon Strategy for growth and jobs.

José Mariano Gago, Portugal's minister of science, technology and higher education, said after

chairing a meeting of his EU counterparts that the "situation is optimistic" regarding agreement on the EIT, although negotiations on the institute's funding are continuing.

The Council of the EU, the European Commission and the European Parliament all concur over the remaining major issues relat-

ing to the EIT project, added Mariano Gago, and "therefore, we are in a position for the Competitiveness Council to approve a final general approach next week, which will allow approval in a speedy second reading in the EP."

Final agreement over the EIT "depends on an accord between the Council and European Parlia-

ment over budgetary matters, which is being worked on at the moment," the Portuguese minister said.

Plans to create the EIT, aimed to boost Europe's capacity to transform education and research results into business opportunities, were unveiled in 2006 by European Commission chief José Manuel Barroso. The institute has a forecast budget of around 308 million euros over six years from 2008.

Another issue discussed by EU higher education ministers in Brussels was the bloc's Erasmus student-exchange programme. Mariano Gago said he had proposed that disadvantaged students on the scheme be given more social support. This suggestion, said the Lisbon minister, was well received by his colleagues who will now press for "deepening of national policies" in individual EU states in this area.

EU ministers responsible for education, youth and culture gathered in Europe's capital last Thursday and Friday for a meeting chaired by four Lisbon cabinet ministers. *TPN/Lusa*

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EU fines videotape producers over €74m for price fixing cartel

The European Commission has imposed a total of € 74,790,000 fines on Sony, Fuji and Maxell for fixing prices for professional videotapes sold to customers in Europe, in violation of the EC Treaty's ban on cartels and restrictive business practices.

Between 1999 and 2002, Sony, Fuji and Maxell managed to raise or otherwise control prices through a series of regular meetings and other illicit contacts.

Sony's fine has been increased by 30% for obstructing the Commission's investigation during

on-site inspections at its premises. Fuji's and Maxell's fines are reduced by 40% and 20% respectively because they co-operated with the investigation under the Commission's 2002 Leniency Notice.

Competition Commissioner Neelie Kroes said: "This decision

sends two warnings to companies engaging in cartel activities: first, the Commission can prosecute cartels effectively even without prompts from immunity applicants, and second, obstructing a Commission's anti-trust investigation leads to severe penalties."

Exeter Friendly Society Inter Club League

Round six proved to be full of surprises as results showed how closely fought the league competition is this season.

Alvor Greens took on the Harlequins, their nearest rivals at the top of the table and won all three matches by an aggregate 59 to 47 taking the maximum seven points into the bargain, thereby putting clear daylight between themselves and the chasing pack. Over at Parque da Floresta, the Sinners were home to the Titans. Both sides have

had a shaky start to their respective seasons, but the Sinners have recovered well and moved up to fifth with a decisive 66 – 37 victory and six points to one.

The Parque da Floresta Crusaders moved into second spot with another good win, this time over the Gladiators by 71 – 42 and by seven points to nil. Finally, the Cats keep prowling

around and this week comprehensively beat the Tigers by 74-27. The seven points they claimed, moves them into third place. Meanwhile, the Vale do Lobo Wolves had the weekend off.

So, the Greens have 30 points and the Crusaders have 25, both

edging away a little from the chasing pack led by Harlequins, Sinners and Tigers all with 20 points. Then there is another gap to the Gladiators with 13 points and then come the Titans on 10 and the Wolves with 7 points.

Alan Clarke,
League Director

St. Patrick's Society December 2007 Walk

Our next walk takes place on Saturday, December 1st at 10 am.

The walk takes us to the Odiáxere / Palmares area. This is a gentle 2.30 hour rustic walk, mainly on tracks with splendid sea and land views.

Meet: We meet at Odiáxere village centre at 10 am on Saturday, December 1st. Lunch will be available after the walk.

Directions: The village of Odiáxere is on the EN 125 after Portimão heading towards Lagos.

Please bring a friend (or two). We regret, pets are not allowed. For more information, contact John O'Neill on mobile 969 459 029.

Drytec Thursday Inter Club League

Round three matches were staged at Tavira, where Alvor played against the host club and emerged winners by 44 shots to 18 and 4 points to 2.

Albufeira had a close encounter with the emerging Vale do Lobo side, who continued their excellent start to this new league, with a 37 – 23 victory and all six points. Finally the luckless Parque da Floresta side took their first points, but lost a very tight match overall to Isla Canela by 38 – 35, who

gained 4 points to 2.

Alvor remain on top with 16 points, equal with Vale do Lobo. Next come Tavira on 8, Albufeira and Isla Canela on 6 and Parque da Floresta with 2 points. The next round is on Thursday 29th November and will be played at Vale do Lobo.

Alan Clarke, League Director

Let's Walk ...

Near Alcalar, Wednesday November 28th.

A moderate two-and-a-half hour walk through countryside that you will only see if you are on foot, very quiet and peaceful!

Meet: 10.30 start - meet at the O Tasco restaurant / cafe (very good for lunch).

From the A22 take the exit for Alvor and at the roundabout take the first exit towards Lagos. This brings you onto the EN125 and you take the next turn right towards Alcalar. Follow the road for 6km when you will see O Tasco on the left with parking on the right.

Walk leader: Julie 965 753 033.

Around Boliqueime, December 1st and 3rd.

A fairly easy two hour walk through the countryside and tiny hamlets close to Boliqueime.

Meet: 10.30 start - meet outside of the main church in the centre of Boliqueime.

Walk leader: Silvia 963 737 170

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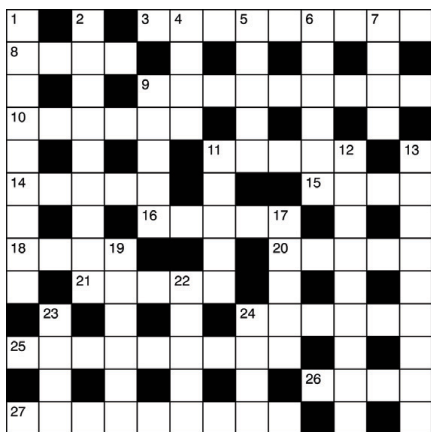
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The Portugal News Crossword No. 168



QUICK CLUES

ACROSS

3. Pleasing (9)
8. Maltreat (4)
9. Sluggishness (9)
10. Chronicle (6)
11. Position (5)
14. Boredom (5)
15. Correct (4)
16. Reliance (5)
18. Throw (4)
20. Arouse (5)
21. Stagger (5)
24. Severe trial (6)
25. Sensible (9)
26. Revolve (4)
27. Dullness (9)

DOWN

1. Crisis (9)
2. Speed (9)
4. Welfare (4)
5. Banish (5)
6. Kidnap (6)
7. Tardy (4)
9. Characteristic (5)
11. Courage (5)
12. Wrong (9)
13. Repugnant (9)
17. Weeping (5)
19. "Kick" (6)
22. Youngster (5)
23. Equitable (4)
24. Eject (4)

QUICK SOLUTIONS - No 167

Across: 1 Door; 3 Calmness; 8 Safe; 9 Preclude; 11 Incomparable; 13 Inroad; 14 Little; 17 Dissociation; 20 Steadier; 21 Tome; 22 Retiring; 23 Bias. Down: 1 Dispirit; 2 Officer; 4 Abroad; 5 Mechanical; 6 Equal; 7 Step; 10 Ambassador; 12 Meanness; 15 Tripoli; 16 Screen; 18 Inept; 19 User.

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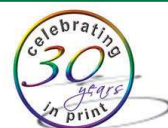
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Australia's climate change election

John Howard has been prime minister of Australia for eleven years, and by normal political standards he has done almost everything right. The country is having an unprecedented economic boom thanks to China's limitless demand for Australian natural resources.



Australian Prime Minister John Howard (L) and Treasurer Peter Costello sit in a historic fire engine on their way to a joint speech in Sydney, Australia on 21 November. Howard met earlier that day with people in central Sydney walking through Pitt Street and Martin Place to his Sydney office. (PHOTO: LUSA/EPA/Paul Miller)

Unemployment is at a 33-year low, and Howard appeals to the underlying racism of many Australians by severely restricting asylum for refugees and subtly signalling that he will limit immigration from Asia. Yet he is probably going to lose the national election next Saturday (24 November).

The latest opinion polls give Labour a lead of eight percent over Howard's Liberal (i.e. conservative) party, and Howard might even lose his own seat in suburban Sydney, which he has held for almost 34 years. It's not over yet, because under Australia's compulsory voting system a third of the electorate usually make their minds up only in the last few days before the election, but it looks like Howard has contrived to throw away a seemingly unbeatable hand. If so, the main reason will be global warming.

Like many climate change deniers in politics, Howard has been frantically re-adjusting his stance over the past couple of years in an effort to stay abreast of public opinion. (Even George W. Bush has been heard to utter the phrase "global warming.") But he still refuses to sign the Kyoto accord, and he still insists that "technology" will solve the problem without any need for major changes in the lifestyle of countries like Australia.

It used to work, but one huge fact has turned politics around in Australia. The country is in the seventh year of the worst drought since European settlement began over two centuries ago, and very many Australians have begun to fear that it is permanent. Droughts are cyclical events and will eventually end. But if this is really an early example of what climate change will do to countries in the mid-latitudes, then it's never going away again.

In that case, Australian agriculture as an export industry is doomed, and most of the country's farmers are going to have to seek jobs elsewhere. Even the water supply for the big cities is becoming a problem. It is a very bad time in Australian politics to have John Howard's record and reputation on climate change issues: in a recent poll in several marginal seats, 73 percent of voters said that climate issues would have a "strong influence" on the way they vote.

One suspects that it was Howard's close relationship with President Bush that kept him shackled to climate change denial for so long, for conservative politicians elsewhere — Angela Merkel in Germany, David Cameron in Britain, Arnold Schwarzenegger in California — have been alert to the danger of letting the left occupy the high ground on the environment. After all, climate change is not intrinsically a left- or a right-wing issue, any more than earthquakes are, and the

earliest conservationists were almost all on the right.

But John Howard, like Tony Blair in Britain, was seduced after 9/11 by the temptation to get close to what seemed the limitless power of the United States. Australia would be America's "deputy sheriff" in Asia, and Howard volunteered Australian troops for service in Afghanistan and Iraq. Bush called him a "man of steel," and he gloried in it. Climate change denial was just part of the package — and the normally adroit Howard forgot that he was an Australian politician, not an American one.

Howard is talking about climate change now, but he may have left it too late. Labour has fielded former diplomat Kevin Rudd against him, and at 50, Rudd is eighteen years younger than Howard. He's not a very colourful character, but he's learning fast: when he was accused of going to a lap-dancing club in New York during a visit to the United Nations four years ago, he replied that he was too drunk to remember what had happened. In most countries that would be the end of a political career, but in Australia it was the right answer.

By comparison Howard seems rattled, boring and worn out. His sole remaining function, in comedian Billy Connolly's cruel formula, is "to let you know what Harry Potter's going to look like when he's old," and his main election tactic is to bribe the voters with their own money. He launched his campaign by promising AS\$9.4 billion in tax cuts, and more goodies are offered every week: the most recent round included tax rebates for the parents of all school-age children and tax-free savings accounts for first-time home buyers.

Labour, by contrast, offered only AS\$2.3 billion in tax cuts, and Kevin Rudd bills himself as a fiscal conservative. It's a familiar turn-about from other places, where the old pattern of tax-and-spend liberals and fiscally responsible conservatives has long been reversed — consider the United States, where Republican administrations have been running up huge deficits and Democratic administrations have been paying them down again for the past quarter-century — but it's new in Australia.

And the biggest change if Labour forms the next Australian government? So far as the rest of the world is concerned, it will be that Australia, the world's largest per-capita producer of carbon dioxide, signs the Kyoto accord. That could make a great deal of difference in the negotiations over the next year about will happen after the Kyoto accord expires in 2012.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

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THE PORTUGAL News
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Irish association benefit concert

Last Saturday evening saw the church of the Convento de Nossa Senhora do Bom Sucesso in Belem filled to the brim as people flocked to hear a concert of Irish classical music performed by four virtuoso musicians from Ireland.

Organised by the Irish Association, the event was a benefit concert to raise funds towards important restoration work to this beautiful church which first opened its doors in 1670. The convent itself was founded in 1639. In his opening welcome, Geoffrey Graham of the Irish Association gave a little of the background of the church including the fact that it is the oldest enclosed convent in Portugal, the oldest Irish Dominican convent in the world, one of the four survivors of the 1755 earthquake and surely one of the very few churches in the world to have been built on a beach.

Filled with flowers and candles, the church was a stunning setting for the beauty of the evening's music. Harpist Theresa O'Donnell played and

sang music from Irish composers Carolan and Balfé along with a piece by Handel. She was followed by classical guitarist David Creevy who also played a Carolan composition before changing the tempo with music from composers Yuquijiro Yocoh, Carlo Domeniconi, and Isaac Albeniz.

After the interval during which guests were refreshed with champagne, wine and canapés, the concert resumed with world-famous Dubliner John Sheahan and Michael Howard delighting the audience with their own compositions including 'St. Patrick's Cathedral' and 'Spanish Point' along with a Carolan piece 'Carolan's Devotion' and 'The Sound of Bells' by Pernambuco. The grand finale brought all four musicians together in a wonderful performance of Carolan's Planxty Irwin and John Sheahan's composition 'The Marino Waltz'.

Mary Vermet of the Irish Association thanked the musicians and all those who had made the evening possible, especially Culture Ireland and the Embassy of



David Creevy, Michael Howard, John Sheahan and Theresa O'Donnell perform in the Igreja de Nossa Senhora do Bom Sucesso.

Ireland, Portugal whose tremendous support enables events of this kind to take place.

The next event to be held by the Irish Association will be the

annual St. Patrick's Day Dinner in March. Information about this and the Association in general can be found on www.irishassociation.org.

Solution found for Expo marina

On Sunday Lisbon's Park of Nations' Nautical Association were celebrating the news that after five long years of closure due to lack of navigational conditions, the Expo's marina is finally to be subject to repair works, with 'immediate effect'.

Initial estimates calculate the

marina should be ready for full use in approximately 18 months.

It was revealed on Friday that the Expo park directors had reached an agreement with shareholders to buy shares, allowing for ideal conditions to be created and renovation works to take place.

Currently referred to as 'the largest mud tank in Europe', the marina was closed in 2002 due to flaws in its construction.

Its administrative board has already contracted PROMAN - Centre of Studies and Projects SA - whose engineering project has been evaluated by the National

Laboratory for Civil Engineering which will accompany all works.

Estimated to cost 10 million euros, the intervention will close off the southern bay (with a lock and gates system), and will be remodelled to dock 580 boats, 80 more than initially predicted, measuring 10, 12, and 15 metres.

Terminal 2 exclusively low-cost in 2010



Earlier this week, State Secretary for Public Works Paulo Campos revealed the Government's intention to make Lisbon airport's Terminal 2 exclusively dedicated to low-cost flights, as of 2010.

"As soon as terminal 1 is operating without restrictions, or as soon as terminal 2 is fully prepared to process arriving and departing flights, then terminal 2 will become exclusively dedicated to low cost flights and domestic flights will return to terminal 1", Paulo Campos affirmed.

Inaugurated on August 1st this year, Portela Airport's terminal 2 is currently used exclusively for domestic flights, departing from Lisbon, destined for Faro, Porto, Bragança, Vila Real, Madeira and the Azores.

State Secretary Campos also affirmed that the airport's new cargo docks would be ready by 2010, representing an investment of some 25 - 30 million euros, and which will allow the airport to double its present capacity to 150,000 tonnes.

"We are doing everything possible to ensure Lisbon airport carries out its mission in

full", he said, adding, the government will "free up more spaces within the airport by relocating some of the services to the exterior" of the present structure, therefore assuring an adequate level of functioning until the new airport is complete, said to be sometime in 2017.

These interventions are included in the airport's expansion plans, which have been allocated a budget of 380 million euros, and should augment the number of runway landings and take-offs from 36 to 40 per hour.

When complete, the airport will have 47 boarding gates (30 of which for Schengen countries), 21 more than at present, it will have 20 arms leading from the airport terminal to the aircraft (an extra 13), and the ability to increase cargo capacity from 80,000 tonnes per year to 100 - 150,000 tonnes.



Beyond Pet Food

The controversy goes on about what and how to feed my dogs. Take Cláudia, for example: she swears by the raw meat diet for her pooch. Cláudia scowls at me for feeding my dogs only dry food. When I ask about the parasites and bacteria that might live in the raw liver, steak and chicken she throws to Napoleon, she scoffs that the dog loves it (no brainer!) and is healthy and robust. Mine, she says, are deprived and longing for the meat diet of their ancestors. How she knows this I can't be sure, but she's so adamant that I once went to the butcher and asked if the raw meat is bacteria-free. "Cook your meat, Patricia" Antonio told me. Then I said it was for my dogs. He winked and told me to stick with Pedigree Pal. Actually my pets have eaten Royal Canin Sensitivity Control food for senior dogs since they turned ten, but I figured the butcher was merely guiding me back to own dog food regime in his non-assertive way.

Then there's Cristina, our dog sitter who swears I'm a negligent pet owner for restricting

the dogs to a monotonous diet of dry food only and an occasional dog biscuit as a reward. In fact, when the dogs go to her house while we travel (thank you, Cristina) I pack a case with their food, treats, toys and medications. Yes they do have garden variety ailments but they are alive and vital and at 11 and 13 years of age. But when I come home and pick them up, the dogs are notably fatter, lazier and the dry dog food container distinctly fuller than it should be for a week's worth of meals. And then there's the lecture, "Madame, the dogs are hungry. We had to give them meat and rice (cooked, at least!), and they loved it." I bite my tongue knowing that too much back talking on my part will lose the warmth of Cristina's home when we travel. But I do pay the price: the dogs go on strike for about a week after they come home. They turn their noses up at their regular food, until the day they realize the meat and rice are not forthcoming. Reluctantly they walk back to their dishes. End of story until we travel again.

Then there's the vet's point of view, the one voice I respect. Years ago, my black poodle Bonnie was enjoying scraps from the table, treats while we cooked, and anything she could persuade us into feeding her. Suddenly, one night five years ago, she got so sick I had to rush her to the Restelo Pet Hospital at midnight. There I held Bonnie while she was on an IV drip. I was told she "may not make it through the night."

But she did. And after a stern warning and a steep bill, the vet turned to me with these words:

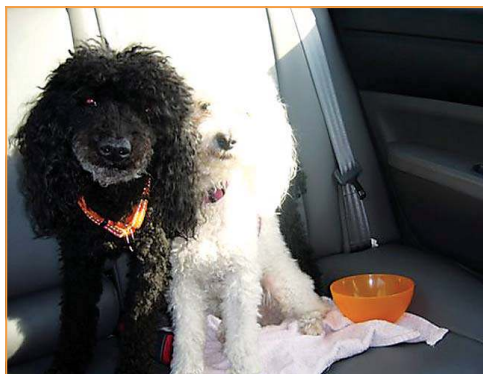
"Patricia, if you want your dogs to live a long time, feed them high quality dry food and only dry food." I left in the early morning hours vowing to follow her advice. The result has been fewer vet visits and undoubtedly healthier dogs.

Which leads to a bigger issue: Whose life is it anyway? There are millions of people on the internet, in our cities, towns and neighborhoods, our families near and far who would love to tell us how to live our lives and how to raise our children and our pets. But I've recently come to realize that although these people might be well intentioned, in the end it's our life, our child, pet, home that we need to care for in a manner that suits our own values, needs

Westheimer

and beliefs. I used to be afraid that if I told the dog sitter how I wanted the dogs fed, she would stop caring for them. That if I told Cláudia "Thank you. I'll feed the dogs as I wish." I'd lose her friendship. Now I realize just the opposite is true. When I stand by my word, others realize the conviction of my choices and back off. Most important, I then have added regard for myself as one who can assert her beliefs clearly and unqualified not cowering out of fear or insecurity for the loss of those around me who would love to tell me, and others as well, how to live our lives.

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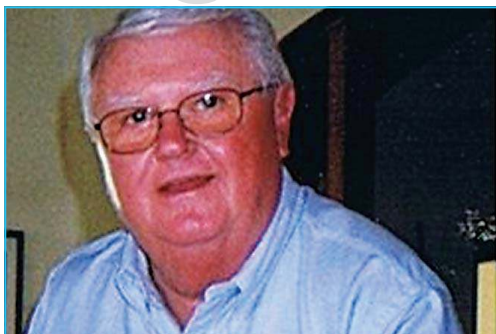
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A "Send-Off" party is being organised for Sat 8th Dec, so family and friends can gather to share all their funny stories about Jim Player.

Tribute to Jim Player 1936–2007

Jim Player, one of Algarve's longest standing residents, died in the Santa Maria Hospital, in Faro, on Sun 18th Nov 2007, following six months hospitalisation due to an assault that took place on Mon 7th May.

Jim put up a fantastic fight in his battle to recover from the head injuries he received, but eventually succumbed to pneumonia and neurological complications. He sustained the injuries in May this year following a dispute over parking which left him in a coma

for the first two and half weeks in intensive care in Lisbon.

Jim Player was the original founder of The Algarve News, in June 1977, the region's first English language publication and which was later to become *The Portugal News*.

Aided by his then 'Junior Partner' Fred Phillips, who went on to establish the highly successful *Atelier do Sul* Design Consultancy Company, Jim and Fred planted the seeds of what was to become Portugal's most

prominent English-language newspaper.

Jim was known and loved by many long-term ex-pats, as well as the local community, and will be greatly missed.

A "Send-Off" party is being organised for Sat 8th Dec, so family and friends can gather to share all their funny stories about Jim. The venue is yet to be confirmed. For more info, send an e-mail to: dave@player.pt, or call mobile: (+351) 917 007 007.

Drug consumption in Algarve 'above average'

According to a recent lecture on drug dependency in the Algarve, which integrated the 13th Algarve Congress, the average consumer is male, aged between 21 and 24, has various professions, and usually belongs to mid-level social classes.

This profile typically describes consumers of heroin or cocaine users in the Algarve, most of which use in their own homes.

In the Algarve, consumption and trafficking of illegal substances has risen significantly, to the point where the region is currently, on a national scale, responsible for 20 per cent of all substance buying, consuming and selling, largely ahead of the national average.

This diagnostic was elaborated by Fernando Sousa, a lecturer of the D. Afonso III institute in Loulé, entitled 'Criminality and Drug Dependency in the Algarve'.

A study was carried out by 60 of the institute's students during March and April of this year, coordinated by eight teachers, and which took place in various countries throughout the region. Over a thousand people were interviewed as part of the survey, added to by input from other entities and police forces.

According to head researcher Fernando Sousa, the Algarve has become a "concentrated" area for drug consumption, where "a lot is hidden".

This phenomenon is a result of higher control and vigilance along the West coast, and a full report of the results will be published before the end of the year.

The Algarveans Social Evening

The Algarveans Theatre group will be having a social evening for members and would be members to get together and meet each other on November 30th from 8pm. The event will take place at the Silves Cine-Theatre Club and entry will cost only €1 at the door.

This will be an opportunity for everyone to come along and have a drink and a chat with a chance for impromptu performers to show what they can do. Although no food is being served, drinks are very reasonably priced with crisps, peanuts etc. available at the bar.

The Silves Cine-Theatre Club is a new venture, which The Algarvean Theatre group are supporting. The bar has recently been refurbished with the help of donations, including one from The Algarveans, and there is a stage for any would be poets, actors or other performers to strut their stuff. The eventual aim of the Theatre Club is to refurbish the actual cinema premises for theatre performances by any group wishing to hire the venue. There have already been successful music events held in the bar and all proceeds will be used for the fund to refurbish the cinema.

The Algarveans look forward to seeing as many of you as possible (A map is available for anyone who does not know where the Silves Cine-Theatre is) and in order for us to get an idea of the number of people wishing to attend, please telephone 282 789 608 or 966 507 308 or e-mail susi-b@clix.pt

Congress recommends zero emissions for an 'All Algarve Clean'

Congressmen participating in the 13th Algarve Congress, which culminated on Saturday night, jointly decided that identifying the region by the slogan 'All Algarve Clean' instead of the controversial 'Allgarve' would be more beneficial for the Algarve's image.

Promoting and encouraging companies to run with zero carbon emissions is one of the main recommendations established during the congress.

Other interventions included taking golf to the interior of the region, incentivating the biological investigation of indigenous flora, preserving the Meia Praia fortress, and renovating one of Faro's oldest buildings, the old mill-house.

All of these interventions were considered 'urgent' to ensure the Algarve's progress and develop-

ment. Natural and rural tourism was another area in need of exploration and larger investment, the congress determined, who considered this alternative tourism a 'main attraction for the region'.

An essential backbone to developing this particular area is the completion and promotion of the Via Algarviana, a walkway that crosses the Algarve from Alcoutim to Cape St. Vincent.

According to a document released to the media earlier this week and that highlights the more important conclusions of the congress, 'the Algarve is not just beaches; there are also remote areas of tourist interest. For these areas of adventure tourism, support stations and tourist information points need to be created, as is being done and studied in other countries, for example, in the Santa Maria University, Chile'.

Another prominent conclusion was that 'it is fundamental to combat the decline and save traditional Algarvean industries that are agriculturally-based, like the production of alcoholic drinks, and dried and fresh fruits. It is necessary to improve and innovate scientific investigation, making the most of the highest skilled human capacities, like what happens at the University of Business Investigation', the document stipulated.

Besides defending the importance of regional museums,

'which play a fundamental role in the Algarve's survival', the 13th Algarve Congress further concluded that Lagos City Hall should re-acquire the Meia Praia fortress, to preserve its survival and utilization.

Renovating Faro's mill-house, which is classified as living patrimony and was, until recently, occupied by the city's homeless, should also be a priority, the document revealed, as should implementing meteorological radars to detect and prevent natural catastrophes.

Ryanair closes Faro – Madrid route

This week the Algarve Tourism Association (ATA), the Portuguese Institute for Tourism (TP) and ANA – Airports of Portugal – jointly announced the end of Ryanair's Faro – Madrid route, which was launched late last year at a promotional fare of just €10 return, plus taxes.

As with the carrier's Faro – Barcelona route, this latest cessation was also due to poor sales and weak demand.

According to a press release, despite all promotional efforts and highly competitive prices, the daily flights registered an average occupancy of just 43 per cent, significantly lower than

the airline's expectations.

Due to the Algarve's strategic goals to further explore and develop the Madrid market, all of the above-mentioned parties have affirmed their intention to keep on working to find feasible solutions to re-launch this particular route.

New premises needed for the Lions Club

Lions Club of Loulé raised a total of €578 from their sale on October 7th and hope the next sale on December 2nd will be even more successful.

On sale will be good quality winter clothing, bric-a-brac, Linen, shows and books, all at bargain prices. The event will be held at the Alancil community centre from 9.30am to 12pm, entrance is free.

The Lions are always grateful for any good quality items for their sales and can collect them from you, call 289 845 581 or 289 416 659 to find out more information.

The Lions are in urgent need of suitable premises for their storage and to develop into a charity shop in the Loulé or Alancil area, resources will only allow a minimal rent and

new members and supporters are needed to make this possible. It would be a great asset to the community and a focal point for the Lions and their charity work. If you would like to help in anyway, please contact Bruce Allen on 282 444 874 or fax 282 441 683.

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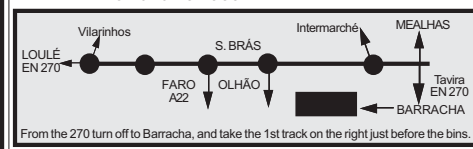
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An extravagant celebration for 'La Dolce Vita'



Last weekend, on Saturday November 17th, an extraordinary event was held in the Vilamoura Casino to commemorate 'La Dolce Vita' boutique's 20th anniversary. It was an elaborate affair with guests being met at the door by stilt-walking fantasy figures and fire-eaters; dress code: the more flamboyant, the better.

La Dolce Vita, more of a theatrical treasure trove than a clothes boutique, is not known for conforming to the norm or standardised concepts of fashion, and its clients are equally as eclectic and unique.

A cocktail reception saw guests gather in the casino's foyer, before sitting down to a three-course meal that included a lobster starter and Beef Wellington.

One of the boutique's more famous followers, Bonnie Tyler, was at the Saturday night anniversary affair, where she performed three high-powered

songs, one alongside Portuguese musician Nuno Guerreiro.

Her trademark voice took guests back to the early 1980's with hits 'Total Eclipse of the Heart' and 'Hero', which were then storming charts all over the world, as well as performing a unique version of a Bee Gee's song with Nuno Guerreiro.

This was followed by a breathtaking themed fashion show, which opened in complete darkness, broken by cloaked and hooded bearers of bright blue flashing spheres, held high above

their heads.

Models dressed in La Dolce Vita's renowned outfits, better described as wonderful, elaborate costumes, sashayed down the catwalk amidst a set styled as a romantic modern-day Elizabethan dance.

Masked ladies in dramatic gowns were courted by elegant gentlemen and colourful jesters, to create 'La Commedia dell'Arte'.

Guests were mesmerised by the magnificent display, which included a magic act as well as more musical performances from artist Bruno Mariano.

Celebrations went on long into the early hours.

According to La Dolce Vita owner Marité, whose very personal interpretation of fashion has been the boutique's driving success, "initially we accounted for some 100 people, but more than 300 are here tonight".

Many are those who turn to La Dolce Vita for unique, one-off garments of lasting beauty, most of whom have become close friends with Marité and her family-run business.

With a new project in the pipeline, the past 20 years seem to have far surpassed anyone's initial expectations.

In her souvenir book, Marité writes, "at the very beginning I was bluntly told several times I had the wrong product in the wrong location in the wrong country. Occasionally I am still asked by open-mouthed newcomers why on earth La Dolce Vita is located in Almancil, rather than Paris or London or other great cities, only nowadays it is meant as a compliment!"



Bonnie Tyler with husband Robert. (Photo: The Portugal News)



Marité, creator of La Dolce Vita, with brother Silvano. (Photo: The Portugal News)

Hospital Particular do Algarve launches Care Card

First launched in October this year, the Hospital Particular do Algarve's new 'Care Card' is having a great success among patients.

For an initial registration fee of 50€, the card holder is

entitled up to 30% predefined discount on all hospital services, treatments and tests as well as preferential terms of payment.

The Care Card is valid for a three-year period and has no monthly fee. Once you join, the benefits are immediate.

There are further advantages for family members who join the scheme, such as reductions on the registration fee.

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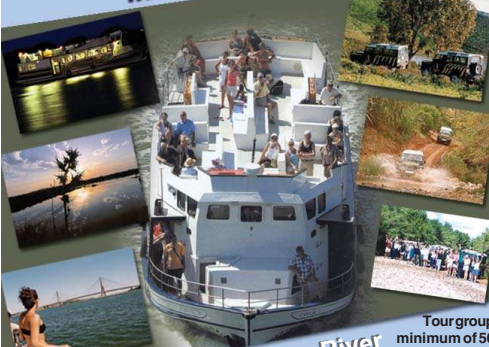
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E-mail: albufeira@thomasgreen.pt

Website: www.thomasgreen.pt

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Praça do Mercado, Loja 12
Olhos de Água (Close to the Municipal Market)

Santa Claus is coming to town Christmas day swim for shoes



Father Christmas and Percy.

Father Christmas is on his way and this year he is making the last part of his journey to the Hotel Garbe in a traditional Algarvean fishermen's boat! We caught up with him and his special helper, Percy the Penguin, on the beach loading up his boat with presents.

Percy has swum all the way from the South Pole to help. Both Father Christmas and Percy have a special appearance to make at the Network Christmas Fair at the Hotel Garbe on

Sat Dec 1st from 11am - 5pm. Just follow the Penguin Trail in the hotel to find him. Father Christmas will give all proceeds to Castelo dos Sonhos to help make Christmas a happier time for lots of people.

So, helped down to the sea by local fisherman Paulo and his friends, off they set. Put the date in your diary as Father Christmas and Percy will be waiting to see you and find out just what you would like for Christmas.

Now the Christmas decorations are appearing in the shops perhaps you are starting to think about what to do and where to be on Christmas Day. The place to be will be on the beach at Armação de Pêra in front of the Hotel Garbe with other adventurous people willing to go for a paddle or a swim in the Atlantic Ocean to help raise money for the Swim for Shoes Appeal.

All you need to do is turn up at 11am on Christmas Day with swimwear, towel and go in for a full swim or just a paddle – the choice is yours as long as part of you gets wet! Then we can all recover in the Hotel Garbe bar with a drink of mulled wine on Christmas Day and hot chocolate on New Years Day, generously donated by The Hotel Garbe, to everyone who has taken part.

Buying shoes for the children who are in care is an ongoing expense and we want to help as many as possible start 2008 with a new pair of shoes. Each child of school age needs a pair of gym shoes and a pair of trainers. Whilst some clothes can be sec-

ond hand owning a pair of new shoes helps to ensure the children feel good and fit in at school.

Adults and children are all welcome to take part on the understanding that you do so at your own risk. If you have family and friends staying over the festive season it will certainly be something different to do!

The total raised for the swims on Christmas Day and New Years Day was over €1,200. This was all given to pay for school shoes for the teenagers at A Gaivota in Albufeira which is run by the Santa Casa da Misericórdia. The children have asked for their thanks to be sent to all who took part. The girls and boys really enjoyed choosing their own shoes as this was the first time they had been able

to do so. In the shoe shop the girls kept bumping into girls from their school doing the same thing with their mums.

On Christmas Day organizers hope people will come with either a Santa outfit or hat which are in some stores now. Buy yours now before stocks run out. There will be a limited supply of outfits and hats for sale on the day. If we can raise more money this year then we can extend the scheme to other homes.

You will have another opportunity to Swim for Shoes on New Years Day but this time we hope to see you there in fancy dress so start planning your outfit now

As this is a charity event we will gratefully accept all donations offered.

Christingle service with All Saints

All Saints Anglican Church looks forward to celebrating Christingle again this Advent at ASCA, Almancil, Sunday Dec. 2nd at 10.30am.

The Christingle service brings together family and friends of all ages, communicating the Christian message in an inspiring way to adults and children alike.

Christingle was established by the Moravian Church in 1747 as a symbol of Christ's light and love. What is a Christingle?

The Christingle itself is made up of a lighted candle (symbolising Jesus, the Light of the World), mounted on an orange (representing the world), and a red ribbon or tape around the middle of the orange (indicating the blood/love of Christ). Four cocktail sticks bearing dried fruit or sweets are also stuck into the orange to signify the four seasons

and the fruits of the earth.

The Children's Society introduced it to the Church of England in 1968 and it has since become a popular family and community event.

The Christingle Service raises vital funds to support the work of the Children's Society, with children whose childhoods have been stolen; children forced to run away from home or care who may find themselves sleeping on the streets this winter; young refugees fleeing conflict and war; those caught in a cycle of crime and detention; or children marginalised through disability. Any money raised through Christingle will help improve the childhood of thousands of children such as these.

All Saints Anglican Church
Invites you to a
CHRISTINGLE SERVICE
at ASCA • Almancil
Sun 2nd Dec • 10.30am

Help raise money for handicapped children this Christmas

It is the AAPACDM – the Algarve association for parents and friends of children with physical and mental handicaps - 40th Anniversary in 2008, and we are writing to request your support.

They are a specialist college situated at Rua Compromisso in Faro for young adults and children with physical and mental handicaps with special educational needs. And they need your support in raising funds for their college.

Their work would not be possible without assistance and generosity from the public.

Their annual Christmas Bazaar will be open in the shop-

ping street Rua de Santo António in Faro from the beginning of December and they need items to sell to raise funds for the benefit of their students with special needs.

You can help by donating items for us to sell at our Christmas shop, for example: gifts, ceramics, candles, ornaments, books or household items.

Please ring Susan mobile 918 690 903.

Christmas Fairs & Bazaars

All Saints' Anglican Church Christmas fayre

Date: November 24th from 10.30am to 1.30pm.

Venue: Almancil Community Centre.

Description: See advert for full description of event. All proceeds go to All Saint's Anglican Church and charities. Entry is free.

Contacts: 916 196 077. **Barringtons Christmas Bazaar**

Date: November 24th from 11am - 5pm.

Venue: Barringtons, Vale do Lobo.

Description: Everything you need for Christmas: great gifts, cards, crackers, games, toys, cakes and puddings, books, portraits, decorations, rugs, candles, soaps and more.

Contact: 289 351 940.

Artenato - Ferragudo Fair

Date: December 1, 2 from 10am to 7pm.

Venue: Largo Rainha D Leonor, Ferragudo square.

Description: Ferragudo Christmas fair with stalls and live music, including Christmas Jazz.

NETWORK Annual Christmas Fair

Date: December 1st from 11am to 5pm.

Venue: Hotel Garbe, Armação de Pêra.

Description: A great variety of Christmas shopping under one roof. Treat yourself to a superb lunch - AND - bring the children to see Santa in his enchanted cave.

Contacts: Paulette Fouché, info@network.algarve.org, 282 415 843.

St Mary's Guild Christmas Fair

Date: December 1st from 1pm to 6pm.

Venue: St Mary's Parish Centre, Rua do Murtal, S. Pedro do Estoril.

Description: Loads of Christmas goodies on sale as well as

waffles, mince pies, mulled wine, chestnuts, cakes, afternoon tea, scones and sandwiches being served. Entrance €1, all proceed go to local charities.

Aljezur Christmas Fair

Date: December 2nd from 12am to 7pm.

Venue: BioMez Wellness Centre near Aljezur at Quinta Nora, Vale da Nora das Árvore, on road from Aljezur to Monchique.

Description: Christmas fair with a different surrounding. Christmas trees available.

Contacts: Angela Schulz-Henke, 282 495 671 / 936 384 275 671.

Tavira Fundraisers Xmas Fair

Date: Saturday, December 8th from 10am to 2pm.

Venue: Mercado da Ribeira (old market place) in Tavira.

Description: Cmas cards, festive cakes and pies, second-hand clothes and more. Proceeds go to Canil

São Francisco in Loulé. To donate or help call Pat on 281 323 493 or José on 281 958 081.

Friends of São Brás Fair

Date: December 8th from 9am to 2pm.

Venue: Cinema Gallery, São Brás.

Description: Home produce, plants, jewellery, artesanato, Unicef cards, boutique, tombola. Entry €1 including coffee & biscuits.

Algarve's International School Christmas Bazaar

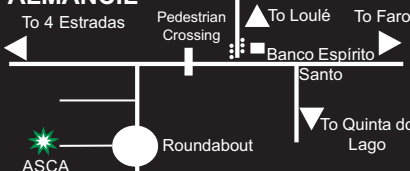
Date and time: Saturday 8th December between 11am and 3pm.

Location: EN125 between Porches and Lagoa.

Description: Make the festive season perfect with a visit to our Bazaar. Lots to see and do. Father Christmas arrives 1pm.

Contacts: Clarissa on 964 877 032.

ALMANCIL



Shine a light into young lives with Christingle, the fun family service everyone wants to be part of

You can take a free listing on our Christmas Page. Please supply the following information: Name of event • Organiser • Venue • Date & time • Contact N° • Description (up to 20 words) and e-mail to: copy@the-news.net

Europe's largest Christmas tree enchants thousands in Oporto



Europe's largest Christmas tree in Oporto.



Thousands of people made their way to the Avenida dos Aliados, in Oporto on Saturday, to watch as Europe's largest Christmas Tree was officially switched on.

Fireworks and music made the ceremony extra exciting, but it was when the 76-metre cone-shaped tree, made of scaffolding, was lit up that the loudest gasps could be heard.

Decorated with some 2.4 million multi-coloured micro-lamps

the tree was a joint gesture 'given' to the city by Oporto Mayor Rui Rio and Filipe Pinhal, president of the Millennium BCP bank.

Mayor Rio believes that the tree and other Christmas decorations that can be found throughout the city will be suffice to bring

more visitors to Oporto. These include a large Ferris wheel in the Cordoaria gardens, an ice-skating ring in the D. João I square, and children's inflatable equipment in the Praça dos Poveiros. All are free of charge. The tree can be seen until January 6th, 2008.

Just a Taste

My grandchildren are surrounded by people who love them very much and are able to care for them and give lots of hugs and kisses. When I heard a Radio 4 appeal about children of the same ages in such a different situation in Moldova that I cried. These children are taken to orphanages by their families who cannot cope. Without love and stimulation they just sit in their cots and learn not to cry.



I decided I had to do something to help. This year, launched under the name *Just a Taste* I am making delicious round Mini West Indian Christmas Cakes. Home made and decorated in red, silver or gold they are just the right size to treat yourself and would make ideal presents for family, friends, staff and clients.

Having discussed the matter with the organisation

EveryChild, the organisation behind the appeal, I decided to fund a social worker at the Infant Abandonment Project in Moldova to work with the families and the orphanages. Each cake costs €7 and all proceeds will go towards this project. Just a Taste will be at the Network Fair on Dec 1st at the Hotel Garbe. The cakes can also be purchased from Bar Bacchus at Porches Pottery and Let the Magic In, Algoz. EveryChild – working for a world where children are safe and secure. Visit www.everychild.org.uk for more information.

Orders are very welcome. Contact Verna Kinder 282 449395 or e-mail pvkinder@mail.telepac.pt. Verna Kinder

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SOY PRODUCTS / VEGETARIAN TAKE-AWAY

We carry a full range of vitamins & supplements, natural body care products, bulk organic herbal tinctures, gluten free and soy products, Yankee candles, hipp organic baby food, four varieties of heart healthy Pomegranate juice, a vegetarian deli, Burns natural dog and cat food and so much more.

CHRISTMAS is coming

- * All new Yankee Candle Christmas stock
- * Gift Baskets

Rua 25 de Abril N2 c/v,
Down the road from Luzdoc
Across from the bank / taxi stand
PRAIA DA LUZ Fax / Phone 282 788 353



Unusual Christmas gift ideas

All Saints' Anglican Church Christmas fayre 2007

* Hand crafted Christmas Gifts & Stocking Fillers

* Homemade cakes, preserves and pickles

* Christmas Flowers and gifts *

Hand Made Christmas Cards "Its in the Bag" *

Tombola *

Christmas raffle

* Games for the Children *

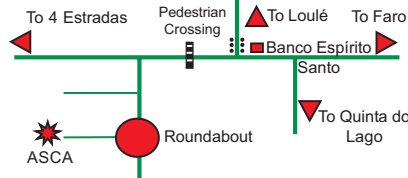
Books & media *

Christmas Tea Shop * And much, much, more

All proceeds to All Saints' Anglican Church Algarve and Charities

For more info, please call 91 619 6077

ALMANCIL



Almancil Community Centre (ASCA)

Rua do Centro Comunitário

Sat 24th Nov

10.30am – 1.30pm 2007

Grand Draw at 1pm

FREE ENTRY

Saturday
1st December, 2007
12 to 4pm

St. Dominic's Christmas Fair

- * Famous St. Dominic's raffle
- * Events such as School Orchestra and vocals

- * Stalls (adult and children)
- * Games for children

- * Winning junior school basket raffle
- * Homemade cakes

- * Father Christmas and much more...

St Dominic's International School
Outeiro de Polima - Arneiro, São Domingos de Rana
Tel. 21 444 04 3421 444 46 47 - www.dominics-int.org

XMAS FAYRE

NETWORK
The Network of Working & Learning
in the Community of the Algarve

1st December
11.00 - 17.00 h

HOTEL GARBE

Don't miss the event of the year!
Do all of your Christmas shopping in one day. With so many stands and such a variety of gifts you will be spoilt for choice.

Advert discounts for Christmas: We offer 50% discount on display ads for all charities. Please email sales@the-news.net for details or call Bella Talhadas on 707 500 655.

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net

Criminal campervanning

SIR, Susan Johnson (10th November) is absolutely right to complain if the police and local authorities are doing nothing to stop the illegal camping of motorised caravans in the Algarve and elsewhere. The people who do this are breaking the law. They are involved in crime and are therefore criminals simply by the act of illegal camping itself, though they are also responsible for the physical and visual pollution of beauty spots and conservation areas that their monstrous vehicles cause.

However, it is not only the police who are responsible for controlling crime. Civil society as a whole must also be responsible. Society has to rely for its efficient and equitable functioning on people obeying the law. Most do. (I assume that includes most migrant campers.) Those people who don't, from criminal gangs involved in drugs and in knife and gun crime to adults and young people behaving anti-socially, present problems to which the police are only one part of the solution.

Another part is peer-group pressure. In the case of people parking motorised caravans (or whatever they are called) illegally, those who do obey the law have some responsibility to make their feelings known about (and desirably to) those who don't. Yet a third part of the solution for dealing with lawbreakers is civil society in general. Tolerance of criminality is tantamount to condoning it. Of course, risks are involved in confronting anti-social behaviour, let alone more serious

crimes. But without some sort of confrontation, preferably with the support of the police and other authorities, lower-level crime will continue.

There is something sad about R & S O'Dell and others' justification (17th November) for their anti-social behaviour. They claim to be "retired, responsible adults". What their generation is responsible for is the start of the massive increase in consumerism that now blights the future of today's children and young people. The planet is threatened by man-made global warming caused by satisfying the wants of an ever-consuming developed world. Over the last forty years, the working life of the O'Dell's generation, habitats have been destroyed on an immense scale and unknowable herds of species have been extinguished or brought to the brink of extinction. The "little fun and freedom" of the O'Dell's and their like has been paid for, indeed their very pensions are being paid for, at a massive cost to future generations. And all they can think of spending their money on are grotesque pieces of machinery that they even lie about in calling their "homes". Their true homes are far from here.

As for Cristina Eriksson (17th November), it is arrogant of her to try to import what she calls stellasplätze or aires de repos into a country that does want or need such places. There are official campsites in Portugal. Motorised-caravan owners should use them or they should stay at home, where they are welcome to behave in a criminal way if their own au-

thorities let them.

JOHN COSTON, By e-mail

Ref: 'Four thousand pedestrians run over in 2007' - 10th Nov., pg. 2

SIR, When will somebody inform the Portuguese Government and road safety people that they are responsible for the high casualty list of injuries and deaths caused by stupid sightings of pedestrian crossings, ie. on and out of every roundabout. Also, I've never seen a pedestrian look [both ways] before crossing, they all seem to think crossings are safe - how wrong can they be.

DAVID ROBINSON, Lagos

Pedestrian deaths

SIR, Further to the letter 17th Nov. from Mr. Bartlett, it would indeed reduce the number of pedestrians killed and injured if the EU countries, including Portugal, followed the road safety measures introduced some time ago, for pedestrian crossings, by the UK Dept. of Transport. Prior to the introduction of the parking ban near crossings and the flashing beacons and advance signing, I remember carrying out a death and injury survey at pedestrian crossings in the Edgware Road area of London. The accident figures for pedestrians had not changed much over the years, but since the introduction of the early zebra crossings the pedestrian accidents were all concentrated around the crossings themselves. The introduction of Footbridges and Pelican pedestrian crossings made a significant reduction in the deaths and injury statistics.

However the UK could benefit by adopting the Portuguese practice of flashing amber lights in advance of the traffic lights.

NAME & ADDRESS SUPPLIED

Centro de Saúde service

SIR, Here is yesterday's experience in the Health Centre of Silves (15.11.07). A friend had sustained a leg wound at least 2 inches deep, which was obviously serious. As soon as possible we arrived at the Silves health centre (Centro de Saúde). Fortunately my friend could walk from the car. At reception we explained the situation, in Portuguese and a few words of English. Before anything could happen we had to produce a medical card or passport, plus name and address here in Portugal. These details went into the Portuguese database via the clerk and keyboard at reception very quickly with no fuss.

We were immediately shown into the medical area through swing doors for the extent of injury to be assessed. After a wait of about 40 minutes, treatment was given by a doctor and two senior assistants. Anaesthetic was given along with jokes from a team of three. My friend walked out an hour and a bit later with full instructions for further care. We could have been in Harley Street!

We had not received preferential treatment, there was one Spanish guy who had fallen off a wall, two from Russia, and three English people along with young Portuguese children and their parents. The most serious were treated first and no-one complained of waiting. At least 3 ambulances arrived during the hour I waited, to go to Portimão hospital with those waiting in the medical area, but that work was behind the scenes and hardly apparent to any of us in the reception area, because no fuss was made about it.

As I say, this is one experience in one place at one particular time. Silves is probably no different to other Health Centres in their service but the work and rules are interpreted by the personnel involved, and who you actually deal with is a mat-

ter of luck perhaps.

Silves' open hours are Monday to Friday, 08h00 to 20h00, Saturday 09h00 to 13h00, 14h00 to 16h00. Outside these times we have to go to Portimão hospital.

PAMELA FRANCIS, By e-mail

Immigrant skills and qualifications

SIR, I read with interest your article about 'unused highly qualified immigrants in Portugal'. To say that Portugal is 'wasting' these people is rather silly. The skills and qualifications of many people, 'natives' as well as immigrants go unharmed throughout Europe. The 'skills shortage' is only really a shortage in the presence of a wage level, the European employer sees fit to pay! It's also possible that a large proportion of these 'qualifications' from Eastern Europe, have limited relevance to a 'more advanced' (?) Western Europe. Meanwhile, the demand for unskilled and semi-skilled labour is burgeoning and these people are competing for such work with Third World migrants.

It puts me in mind of a Czech woman I came across recently in Britain, who claimed to be a qualified architect and who was effectively working as a hygiene attendant. She lamented that she was being 'wasted' by the British. (Interesting how these people seem to be precluded from taking middle-class jobs at half the pay rate of the native incumbent.) My words were these: "Instead of wasting yourself on Western Europe, why don't you 'seriously' emigrate to the usual places (Canada, Australia, New Zealand, etc.)?" Where she would almost certainly land a job in her chosen profession at an appropriate pay level. She said she was in the process of doing so, but the response was seemingly no better. My parting shots were: "For the pay you're getting doing this, you may as well volunteer your services to Africa, where they need architects, but can't afford them. Why hang around in Europe pandering to greedy exploiters, who want your services for less than the 'going rate'". Her face contorted with irritation.

Why this fixation with Western Europe? Does anyone know? Why don't we subsidise the local salaries of highly skilled/qualified white emigrants to Africa (and other under-developed regions of the globe) and for that matter, the pay levels of their black equivalents to deter those from migrating here. Europe has absolutely no moral justification to poach African talent. At least such funding is not going to find its way back to the Swiss bank accounts of the African elite, camp-followers and courtesans.

J.A. RUST, Figueira da Foz

The genius of nature

SIR, In almost every scientific discipline nowadays it is recognised that the end-product made by Nature is always superior to any man-made equivalent. Nature uses less energy, conserves material, produces less pollution and any waste is bio-degradable. Man requires large scale structures enormous energy supplies, vast amounts of material, produces excessive pollution and much non-biodegradable waste.

Consider a few examples. The common spider using internal chemistry and energy spins a web of gossamer fine thread which on a weight for weight basis is several times more flexible and stronger than the finest man-made steel and when the web is no longer required it is biodegradable.

Man-made Sonar and Radar equipment compares unfavourably with that of bats and denizens of the deep sea in terms of efficiency, energy requirements and costs. Miracle super-glues still cannot match the underwater adhesive properties of the natural glue produced by mussels to fasten themselves to rocks and withstand constant buffeting by the sea. Again the mussel uses internal chemistry to produce a glue which is environmentally friendly. Paint manufacturers spend millions of dollars developing new pigments and paints, most of which are not environmentally friendly. Nature uses pigments in certain applications like photosynthesis, but the iridescent colours of some beetles and butterflies are achieved by an external cellular layer which amplifies and refracts light of certain wavelengths.

In technological fields scientists are now listening to life and learning from Nature through a new discipline called Bio-mimicry with the objective of understanding and imitating Nature every step of the way. Additionally scientists are recognising there are lessons to be learned in the areas of ecology, survival and sustainability. For example all life-forms follow a similar cycle of birth, growth, maturity, decline and death in varying time periods and all have an inbuilt survival mechanism. Historically empires, religions, political systems and civilisations have exhibited similar cycles, but such man-made systems do not ensure survival. It is not surprising that after some 14 billion years of trial and error evolutionary development Nature has established some guiding principles for survival and sustainability.

One such principle which we have yet to learn is that of growth limitation. A simple illustration of this is provided by the humble land snail. When newly hatched from its egg it does not have the characteristic spirally coiled shell. This is built gradually from calcium in its diet and each complete coil is called a whorl. Land snails generally live about 3 years although some survive for 10 years, but when they have built between 3 and 4 whorls further growth suddenly stops and a degrowth cycle starts to absorb the excess calcium. The sense of this is obvious in that any further enlargement of the shell would become an unmanageable overload and the snail unable to move around would quickly die.

It seems to me that some of our economists and marketers need to pay more attention to this principle of growth limitation. An in-depth assessment of the long-term implications of a particular growth trend may indicate that a change in direction would prevent a system crash such as happened with Northern Rock Bank.

JOHN NUTTALL, Alvor

more letters are published opposite ...

340 Portuguese for all.

Na lição de hoje vamos concluir o estudo da Voz Passiva. Até à próxima lição, Emília Rosendo.

The **Passive Voice** is formed with the verb "ser" in "**Presente Simples do Indicativo**" (*Simple Present*) or "**Pretérito Perfeito do Indicativo**" (*Simple Past*) plus the main verb in "**Particípio Passado**" (*Past Participle*).

As you know, **Past Participles** of the verbs must agree in **number** (*singular or plural*) and in **gender** (*masculine or feminine*) with the **subject** they refer to.

Regular Past Participles of verbs in "-ar", "-er" and "-ir" are formed as shown below:

- ◆ **REGAR** ⇨ **REGADO(S)/ REGADA(S)**
- ◆ **BEBER** ⇨ **BEBIDO(S)/ BEBIDA(S)**
- ◆ **OUVIR** ⇨ **OUVIDO(S)/ OUVIDA(S)**

BUT, there are also **IRREGULAR PAST PARTICIPLES**, so let's learn some of them:

- ◆ **ABRIR** ⇨ **ABERTO(S)/ ABERTA(S)**
- ◆ **ESCREVER** ⇨ **ESCRITO(S)/ ESCRITA(S)**
- ◆ **PAGAR** ⇨ **PAGO(S)/ PAGA(S)**
- ◆ **VER** ⇨ **VISTO(S)/ VISTA(S)**

EXERCISE: Read each sentence below and then write a new one with the same meaning. Begin in the way shown each time.

1. O vento abriu o portão da garagem.
O portão da garagem _____.
2. Mais de noventa milhões de pessoas em todo o mundo já viram este filme.
Este filme _____.
3. Um adolescente escreveu estes poemas.
Estes poemas _____.
4. A Teresa já pagou a nossa conta.
A nossa conta _____.
5. Uma nova grênciã reabriu o restaurante.
O restaurante _____.
6. Os alunos reviram cuidadosamente todas as respostas.
Todas as respostas _____.
7. Eu não escrevi estas cartas.
Estas cartas _____.
8. As crianças já abriram as encomendas?
As encomendas _____.

Double bank hold-up blunder



On Monday, in separate incidents, armed robbers attempted to hold up two bank branches at different times in different locations, though both had the same outcome. Police intervention assured both situations were successfully diffused with only one light injury being sustained.

First reported was a morning hold-up that targeted a Finibanco branch in Moscavide, Lisbon.

According to witness reports, three assailants were preparing their attack inside an Audi A3, which was parked outside the establishment.

As they checked their handguns and donned hooded jumpers they were seen by a passer-by who, realising what was about to happen, immediately called the police.

PSP police officers were at the scene within two minutes, not even giving the assailants a chance

to break into the bank.

An officer was injured with a shot-wound to the hand, the result of a shoot-out as the assailants attempted to flee and the only injury reported in both incidents.

One of the assailants was captured whilst trying to run across the Praça José Queirós, the other two managing to get away and find hiding places, though both were captured a short while later.

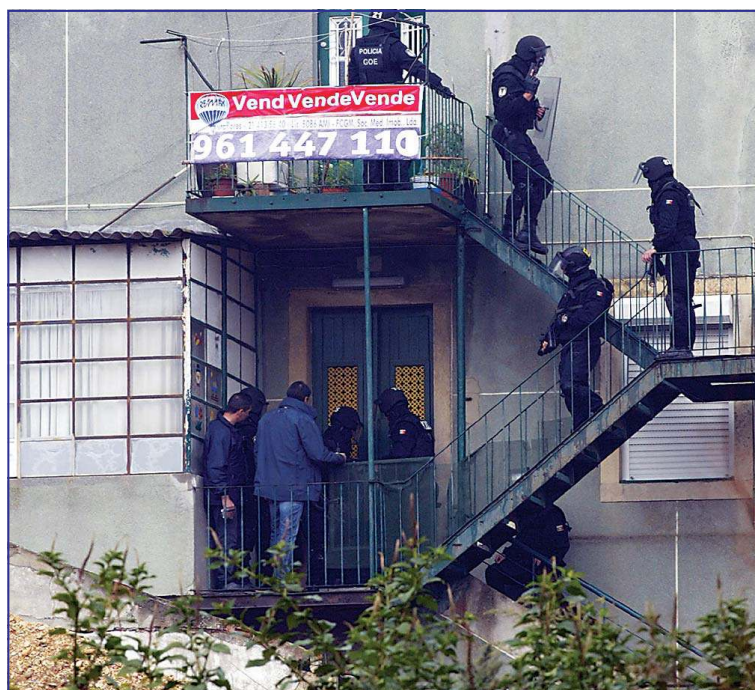
It is thought that they were well rehearsed in their acts and that this particular incident was not the trio's first bank robbery.

A second bank assault took

place later that afternoon in Vila do Conde, approximately 27 kilometres north of Oporto.

The alarm was raised mid-afternoon when a lone assailant entered the bank with the intention of holding it up. However, he made his departure a short while later completely unnoticed by police and employees inside the bank.

Only after three hours of waiting in hiding did the employees eventually realise that the assailant was no longer on the premises, also having slipped the police's vigil and vanishing.



Police prepare to storm a building after an abortive assault on a branch of Finibanco in Praça José Queirós in Moscavide on Monday. (Photo: Lusa / Paulo Carrico)

letters

Campers are UFOs?

SIR, Unrepentant Freefloating Opportunists (UFOs) are once again being seen regularly throughout the Algarve.

The shiny metallic vehicles are occupied by humanoid life-forms but they are obviously from another planet. These visitors always claim to have arrived on a mission to benefit the local communities but their actions seem to run counter to this noble intention. I believe that in their language they are known as "Wild Campers". Readers, in order to attempt an effective response and direct them to suitable reception areas, perhaps you should report any sightings to your local Natural Algarve Safeguard Authority (NASA). If none, try the local câmara.

EAMON, By e-mail

Toe curlingly embarrassing

SIR, Don't you ever feel ashamed and tongue-tied when Portuguese friends ask you - why is this happening? Latest embarrassment is the Maddie case. Why, people ask, are the Brits criticising, often in arrogant, insulting ways, the way our police have dealt with this foreign child's disappearance? When we have spent more time and money on this case than on any missing national child's investigation? Hey, a couple of Brit holidaymakers come here, leave their children unattended and the consequence is somehow our responsibility? We pull all stops out to find the criminal and still we are criticised and insulted!

Roger Knapman now states that "The Portuguese police and judicial system are known to be suspect". Known to whom? May we have sources backing up this statement or is it a throwaway insult - a libellous insult?

"Many of the police were trained under fascism and the institutions still bear the impact of the long period of dictatorship". Maybe so, but this would apply

to those trained pre-1974 - thirty-three years ago. I doubt if the majority of detectives on the case are nearing retirement age. Chief Rebelo looks like a youngish chappie to me.

"The British police and intelligence services have long had a better grip on the facts of this case than the inept efforts of the local police or the Portuguese police". Oh yeah? May we know their conclusions? Or is it that their better grip has thrown up nothing more than the inept efforts of the local police? Tell us the results of your "better grip" please. Maybe they are keeping these results to themselves as releasing their finding might jeopardise the enquiry. Isn't that what the Brit media criticised the Portuguese system for?

Finally, "The Mirror" has never been famous for the quality of its journalism, but to resort to "keep your stupid, sardine-munching mouth shut" certainly suggests a desperation where loutish insults are snarled out when things are just not going as one would, as a Brit, have hoped. Are all UK missing persons immediately located? At present we have the case of several missing girls' remains found after 20+ years. Does that mean the Brit police are stupendously incompetent? How about someone telling Tony Parsons to "keep his stupid, Vindaloo/roast beef/fish and chips munching gob shut"?

Tony feels something constructive should be said about the Maddie case. Like what? Over to you Tony. Cheer us all up. Tell us that the little girl is alive and well. Tell us where she is. You can't? The Portuguese and British investigators can't? Nobody can? Stop being nasty until you have something constructive to say.

SHELAGH FERREIRA, By e-mail

'I apologise'

SIR, After reading your article in *The Portugal News* of 17th November under the title 'UK Politician labels Maddie police

corrupt', and much against my beliefs that the writing should be left for writers, I write as a citizen of this wonderful little country, where you are all guests, and as guests should know to respect your hosts. Even though, in your narrow views, we are no more than third world ignorant natives, we still understand and respect the people that go to extremes to welcome us.

Therefore I am here to publicly apologise for all the inconvenience of the far too hot weather that made you miss that last put on the golf course, the reckless driving, and of course the fact of the EN125 being the most dangerous road in Europe (which has nothing to do with the fact that 50% of the users are British individuals that have never driven on the right side of the road), and the fact that last time you were in a public office out of the hundreds of workers, you had to deal with this old lady whose English was not that good and she had trouble understanding you.

"Oh how I wish I was back home, where everybody speaks English and watches Coronation Street and things are so wonderful, and little children don't get abducted everyday, and the dogs and cats are so well looked after."

I also have to apologise for the fact that in my country humans have priority over irrational animals. So if our beer is cooler and fizzier than yours and our way of life is so laid back, which was the main reason you came in the first place, until you set foot here and then it's the first of many reasons to complain. I sincerely apologise and expect that in the long run things will change and all together we will change this place into a little Britain in the sun. EXCEPT FOR ONE. I will stick to our sardine munching any day, (as long as it is a day between May and September when they are fat and juicy) as opposed to your fish and chips and deep fried Mars Bars!

MANUEL BARRETO, By e-mail

E&O

SIR, The production of any newspaper provides endless possibilities for error and never more so than when it comes to misprints. Editors naturally hasten to correct them but, as some of the following examples show, you can see why readers often prefer the original quotes:

It was incorrectly reported last Friday that today is T-shirt Appreciation Day. In fact, it is actually Teacher Appreciation Day.

The sermon at the Presbyterian Church this coming Sunday will be "There are no Sects in Heaven." This was incorrectly printed in yesterday's edition as "There is No Sex in Heaven."

There are two important corrections to the information in the update on our Deep Relaxation Professional Development Program. First, the programme will include meditation, not medication. Second, it is experiential, not experimental.

Our article about Jewish burial customs contained an error: Mourners' clothing is rent - that is, torn - not rented.

We apologize to our readers who received, through an unfortunate computer error, the chest measurements of members of the Female Wrestlers Association instead of the figures on the sales of soybeans to foreign countries.

IMPORTANT NOTICE: If you are one of hundreds of parachuting enthusiasts who bought our Easy Sky Diving book, please make the following correction: on page 8, line 7, the words "state zip code" should have read "pull rip cord."

Even worse are incorrect corrections:

Our newspaper carried the notice last week that Mr. ***** is a defective on the police force. This was a typographical error. Mr. ***** is, of course, a detective on the police force.

Yesterday we mistakenly reported that a battle-scarred hero gave a talk. We apologize for the error. We obviously meant that a bottle-scarred hero gave a talk.

RONLAVERY, By e-mail!

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

8	2	1		6	5			
	3				8			
9		7				3		
		3					2	
			5		4			
2						9		
8				2			5	
	6						8	
	9	4		3	2			7

Last weeks solution:

3	5	1	2	6	4	9	7	8
6	8	9	3	5	7	2	1	4
2	7	4	1	8	9	3	5	6
9	6	5	7	2	8	1	4	3
1	2	7	4	9	3	6	8	5
7	4	3	6	1	5	7	9	2
8	9	6	8	4	2	5	3	1
5	1	8	9	3	6	4	2	7
4	3	2	5	7	1	8	6	9

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

Some have it, some don't!

SIR, Charismatic Men:

1. David Attenborough
2. Michael Parkinson
3. Viktor Yushenko
4. Rod Stewart
5. Piers Morgan
6. Michael Caine
7. Boris Johnson
8. Sergei Lavrov
9. Simon Shauma
10. Luciano Pavarotti

Men Lacking Charisma:

1. General Musharaf
2. Donald Trump
3. Bill Gates
4. Bob Geldof
5. Gordon Brown
6. Richard Branson
7. Tom Cruise
8. Andrew Lloyd Webber
9. George Bush
10. Durão Barroso

On a whim,
DIANA E. CARDOSO, Estoril

Water, water ...

Water is the third function (I am leaving the first one till the very last article as you will fully appreciate once you read it!) your body needs to keep you alive, and you can only survive a few days without this simple commodity.



I hope I can open your eyes a little more to how much we really need water. There is no fluid in the world that is more important!

We need to consider three points:

1. Quality
2. Quantity
3. Attention to detail

QUALITY

The best water to have is a good spring water with a mineral

content of 300 or above. This is easy to find out because it tells you on the bottle. If you can't see a number over 300 then just have a look at the different minerals in the water and add the numbers of each mineral up. They should all add up to 300 mg/litre or more total dissolved minerals. If it doesn't add up to 300 but you like the taste of that particular spring water then just add a pinch of good quality sea

salt in the bottle and shake. That's a very small pinch in a litre bottle of water.

Water is best stored in glass bottles because in plastic, when stored for long periods, the water absorbs estrogens from the plastic. It should be also stored in a cool, dark place to keep it in top condition. If you do buy water in plastic bottles then buy the most popular make of water because it will have been in the plastic bottle the least amount of time so you will not get the estrogens absorption into the water.

Next down the ladder is filtered water, there are some very good filters on the market so if you go down this road the only thing you need to do is shop around for a good filter that takes all the bad products out but retains the good ones. Then comes tap water, if it's the only thing you have it's better than nothing. Tap water has a very high content of chlorine to get rid of all the bacteria out of the water and is also limited in essential minerals due to being reused. Did you know if you drank a glass of tap water in London it will have been through 6-7 people before you? Chlorine kills bacteria so if you drink the tap water it also kills the good bacteria in your intestines so giving your digestion tract a unstable flora and fauna.

QUANTITY AND ATTENTION TO DETAIL

Your daily intake of water per day for normal day to day running should be your body weight in kg x 0.033 and the answer you get is the amount of water you should drink in litres. For example, if you are 70kg and you times that by 0.033 you should drink 2.3 litres a day. This can all change if you are in a hot climate, take daily exercise or drink beverages with caffeine or alcohol.

They say for every molecule of alcohol you drink it will take three molecules of water away from your body. You do get some water from other drinks like your teas, coffees and juices. But tea and coffees have caffeine in them and they are diuretics which expel water from the body. Juices are more food so you get little water out of them as well. You should never feel thirsty because if you do you are already dehydrated. There are some simple tests you can do

By checking your urine when you go to the toilet, if its light in colour then you are well hydrated and if its dark in colour you are dehydrated. The only draw back to this is if you have been drinking alcohol or drinks with caffeine in them. They draw water away from the body so it can give

you a false reading by making your urine light in colour.

The other test is if you place your hand on a table palm down and then pinch the skin on the top of the hand and if it returns back to normal quickly then you are not dehydrated. But, the only draw back with this one is as you get older you start to loose the elasticity in your skin. Even so you still should be able to notice some difference in the skin whether you are hydrated or not.

You should stick to the daily water intake for your body because you can drink too much water as well.

You should not really drink water while you have a meal because this dilutes the hydrochloric acid in your stomach, so in turn this interferes with the digestion of the food in your stomach. This makes the food stay in the stomach longer giving you indigestion, stomach cramps and bloating. If you do need to drink fluids while eating have your juices, your wine, in moderation of course and the teas/coffees, etc.

So when do you drink water you drink it in between your meals and a good routine would be as follows:

When you first get up have a glass of water before anything else.

You should have a glass about 15 - 20 minutes before a meal which helps to get the hydrochloric acid balanced.

Then after eating you should not drink water for about 30-40 minutes as this helps your stomach digest its food without you diluting it with water.

You should quietly drink in mouthfuls throughout the day to keep yourself hydrated.

Here are a few facts to think about ...

1. Dehydration causes arthritis pain.

2. If you are dehydrated your body needs a certain amount of water to function properly and if you don't drink enough your own body steals water from its joints so it can function correctly.

The body takes the water from the joints because they are less important than your organ functions which keep you alive. But your joints start to cause a problem if you keep them depleted of water for long periods of time, so when you get older you get arthritic joints.

3. A lot of human back pains are caused by lack of water.

4. 75% of the upper body weight is supported by the water volume stored in the disc core or nucleus in the spine.

5. When you drink alcohol and you get an hangover/headache its due to the lack of water the alcohol has taken away from your body.

6. Dehydration over works your kidneys

7. Take in more water instead of drugs i.e. pain killers.

8. Water is best consumed at room temperature, this is because cold water can make the stomach cramp up and it cannot absorb the water until it gets to body temperature. So the body expels the water out of your body quicker and that means less absorption of minerals out of the water into your body.

9. If water is on your skin you are drinking it, your body absorbs 60% of what ever is put on your skin. So if you swim in a chlorinated water you are absorbing the chlorine as well as the water into your body

10. Try and avoid too much soft water because soft water is lacking the minerals so it takes nutrients away from the body instead of replenishing your nutrients.

Remember:

A dry mouth is the last sign of dehydration.

A person who is dehydrated for long periods can or will suffer from asthma, arthritis, allergies and back pain.

(Thanks to Dr Briffa, Paul Chek for their help with this article.)

If you want to know more about this subject or any other problems contact: Stuart of Natural Health Solutions at S.B. Messines.



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Getting hot under the spotlight

All women go through the menopause - but celebrities do it under the spotlight. We talk to Ingrid Tarrant and Angela Rippon about handling the change in their lives.

There's one certainty in the life of any woman - she will go through the menopause and while some women sail through it, others endure a variety of sometimes embarrassing symptoms. Hot flushes, sudden tearfulness and exhaustion are difficult enough to cope with in private - but how

much tougher are they if you're in public life?

Ingrid Tarrant, 52, is accustomed to living life under the sometimes unforgiving glare of the media spotlight. Her break-up with her husband Chris, following revelations about his infidelity, has regularly made the headlines and she's been outspoken about her heartbreak and anger.

She says she was completely unprepared for the first sign of the onset of the menopause to happen to her during a public appearance. Ingrid, speaking out to mark World Menopause Day, reveals: "I was a guest at a 'This Is Your Life' programme when everything changed. I suddenly felt very ill, and had to dash home."

It emerged that she was suffering from an ovarian cyst, which had to be removed and following the operation her periods stopped.

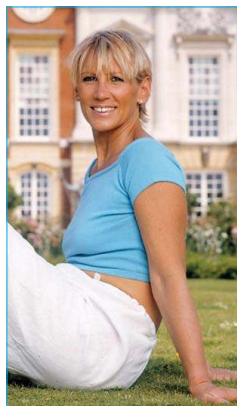
Ingrid smiles ruefully as she

says: "Until then my periods were so regular that you could set your watch by them. They started every fourth Saturday at 11.00 in the morning. After the operation I had two normal periods then nothing. Then it all seemed to happen overnight. Terrible hot flushes, feeling so tired I initially suspected I was anaemic, always struggling to get things done. Finally I knew I was in the menopause."

Ingrid, brought up as a child to dismiss illness by her 'stiff upper lip' Norwegian father, suddenly found herself battling exhaustion but still having to help support a high-profile husband and four children aged 13 to 20.

She says: "I felt unusually tired, which naturally made me irritable. I've always had bags of energy and am even tempered so it was out of character which I couldn't understand and really didn't like."

Luckily, Ingrid, who must



Ingrid Tarrant.

have been emotionally tested to the limit by the traumatic break up of a 15-year marriage, claims she has never been troubled by one of the commonest menopause symptoms - depression or low moods.

She declares firmly: "I think I must have been born happy. I've never suffered depression and the only times I have felt low are when external factors come into

play. I'm very strong and stable emotionally and don't rely on others to make me happy."

Her family is obviously an enormous comfort as she tries to rebuild her life as a single woman. She says: "I have fantastic friends and family, all of whom are positive and full of energy, so I have lots of fun and laughter in my life."

"I'm lucky enough to have brought up four wonderful children so in that respect I feel fulfilled as a woman and simply regard the menopause as nothing

more than a natural process in the cycle of a woman's life.

"All women go through it, so I believe, why fight or fear this new and potentially exciting phase?"

Ingrid reveals her strategy for coping with the menopause:

The average age at onset of menopause is 51, and generally menopause will last no more than a couple of years, although some women experience symptoms for as long as five or six years.

This article concludes in next week's issue.



Angela Rippon.

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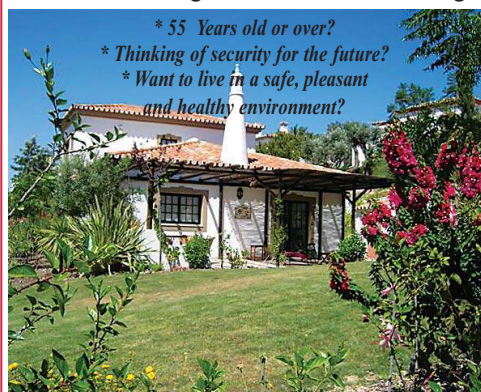


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The pride of Texas

Discover the pioneering spirit - and much more - on a visit to Texas.

Where have all the cowboys gone? Almost certainly to Texas, that most American of states, where even city-dwellers go about hatted and booted - as

though they are more likely to ride a horse than a pick-up truck.

When you arrive on George Bush's home patch, you quickly discover that the state's lone star

flag is as common a sight as the stars and stripes, fluttering from houses, hotels and car showrooms.

To understand where the famous Texan pride comes from, a visit to The Alamo in San Antonio is the obvious place to start. Texans take their history very seriously and it was here, at a former chapel, that a motley band of vastly outnumbered rebels fought to the death against the Mexican army to safeguard their independence.

The site of their heroic defeat, dwarfed by the modern buildings around it, is now kept as a shrine, with artefacts and short films to

explain exactly what took place.

But not all the stereotypes hold true. Forget the desert scenes from cowboy films - Texas is a surprisingly lush state, and its cities are spacious and green. And in addition to its cowboy roots, modern Texas is rather proud to have a cultured side.

The McNay Art Museum in San Antonio is the former home of one Marion Koogler McNay, who built up a fabulous collection of art. Her legacy is breathtaking: a Spanish-influenced mansion where each room is packed with Renoirs, Monets and Picassos.

Another San Antonio highlight is a boat ride down the river, through the city. It's banked by bars, restaurants and hotels, many of which are happy to ar-



range a meal for you onboard your barge.

We were served a summery menu by Hotel Contessa and serenaded by a mariachi band. Indeed the Mexican influence on the city, as for much of Texas, is marked, noticeably in the food: delicious tacos, tortillas and burritos are served up in abundance. Throughout the state the food is plentiful, tasty and cheap - which may explain many Texans' waistlines.

From San Antonio it was onto Austin, a relatively short drive, made worthwhile by stopping at the tiny outpost that is Luckenbach. It boasts a wooden cabin that serves as a general store/post office, where musicians play in the back to passers-by. It's the only stop you need to make to experience the best of rural Texas.

Listening to the Luckenbach musicians also makes a fitting opener for the leafy city of Austin, which styles itself as "the live music capital of the world".

It's a claim its inhabitants take pains to uphold. Bands play everywhere, even the airport. We saw local country legend Dale Watson at the Broken Spoke, where men in Stetsons whirl their partners around the floor. If you want to two-step with a cowboy, this is the place for you. Meanwhile at the Mean Eyed Cat, Johnny Cash plays all day every day on the juke box, a fan's dream.

One of the best things about the city's music scene is how welcoming it seems: The Blues Specialists at the Continental Club were followed onstage by one of their teenage nephews, singing old man blues songs like a pro. And even while eating baby back ribs at Artz Rib House - classic Texan barbecue with all the trimmings - we were serenaded by a female trio singing fifties love songs.

Matching the relaxed musical mix, the inhabitants of Austin see themselves as a pocket of liberalism in the traditional Republican state. "The rest of Texas hates us," one local told us proudly.

In truth Austin is delighted to be off-beat. It has a museum dedicated to its quirky scene - the grandly titled South Austin Museum of Popular Culture - and even a city-wide campaign to "Keep Austin Weird." Long may it stay so.

Houston could not be more different. Everything is bigger in Texas - and nowhere is that more evident than in this city, the focus of the Texan oil industry. According to one city-dweller, Houston sprawls around 70 miles across. Make no mistake, this is a city built for the car.

Nevertheless, it is just a short drive to the George Ranch Historical Park in Richmond, a fascinating slice of living history.

The ranch, now in the hands of a trust, allows visitors to experience real Texan living, from an early settlers' wooden lodge to the spacious 1930s ranch home. The staff, who play former ranch dwellers, show visitors how to fire guns, lasso cattle and crack a whip.

Best of all are the authentic period meals on offer, cooked by the ranch chef Nick. They range from the settlers' "poor folk" food to a rich Victorian era three-



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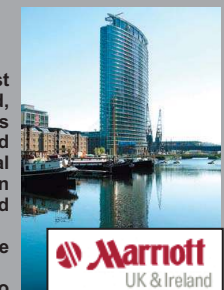
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course meal (the green beans come garnished with smoked bacon and Texas sweet onions). It's best to book up to a week in advance (www.georgeranch.org).

Houston also boasts a thriving museum district, ranging from the vast Houston Museum of Natural Science, which has its own butterfly house, to a newer addition. The Buffalo Soldiers National Museum uses actors to tell the history of the legendary all-black regiments, from their civil war beginnings to desegregation. There is a moving and too little known story.

More recent history comes in the form of NASA's Johnson Space Center, which guided the first steps of men on the moon. At the visitors' centre, exhibits range from pieces of the moon to actual space vehicles, still bearing the scorch marks from their missions. There is also a guided tour of the working space centre, where you can watch astronauts training in huge to-scale models of the space station.

For me, the highlight was stepping into the control centre that received the famous and chilling call, "Houston, we have a problem". It still houses the computers used to bring home the astronauts on the near-disastrous Apollo 13 mission. Looking at the clunky machines, it seems a miracle that they ever made it into space, let alone came home again.

From ranch settlers to space explorers, it seems that Texas still retains that old pioneering spirit.

TRAVEL FACTS

Emma Rowley flew with Continental Airlines, which operates a daily non-stop service between Gatwick and Houston, with economy return fares from £360/€504.80. Glasgow-Houston-Austin fares are available from £399.10/€559.75; Manchester-Houston-Austin fares start at £400.90/€562.20, incl taxes and subject to availability.

Continental Airlines reservations and information: 00 44 (0)845 60 767 60 or go online to:



Pictured above: Downtown Austin, Texas at night; left: A Polyphemus Moth, The Houston Museum of Natural Science; below left: A San Antonio highlight is a boat ride down the river, through the city. Opposite page - top: The Alamo, San Antonio, where a motley band of vastly outnumbered rebels fought to the death against the Mexican army to safeguard their independence; and bottom: The futuristic Houston skyline.

www.continental.com

She stayed at Marriott Plaza San Antonio (rooms from around £55/€77 per night); Marriott Courtyard Austin Downtown (from &#pound;100 per night) and the Alden Hotel in Houston (from £87/€122 per night), all room-only.

For a list of tour operators, and other information, see the information pack on Texas available by calling 00 44 (0)20 7978 5233 or go online to: www.traveltex.com

Emma Rowley



For the cheapest flights available go to The Portugal News Homepage at www.the-news.net



The folk of Irving, Texas celebrate Texas Independence Day.

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Cutting the apron strings

The Italian government is worried enough about the number of grown men still living in the parental home to give them grants to leave. We look at the numbers of British men yet to fly the nest and give advice on how to get your mummy's boy to finally move out.



More and more adult men are choosing to stay at home with mum and dad until well into their 20s - or even longer. (Photo: Press Association)

It seems to be an increasing problem. More and more adult men are choosing to stay at home with mum and dad until well into their 20s - or even longer.

In Italy the full nest has become a political issue, with so many young people - around two thirds - staying in the parental home rather than marrying and starting their own families, that the government is to hand out grants to help them on their way.

In the UK the situation is almost as bad with latest official figures showing that between

the ages of 20-24 nearly 60% of young men are still living with mum and nearly a quarter (22%) are still there into their late twenties.

As Richard, 25, puts it: "Why would I want to move? My mum and dad have a nice house. I've got my own room with all my stuff. The house is comfortable and warm, I get dinner cooked and my washing done and there's always something nice to eat in the fridge or the larder."

"I don't get any hassle, my girlfriend can stay over when she wants and I can come and go

as I please. If I moved out I'd just be living in some poky flatshare for loads more money, so I'd rather stay put. It makes sense to me."

Although in many cases it can be an economic decision, there can be a big psychological price to pay both for the young man and his parents - let alone future girlfriends who will be expected to take over the care of a cosseted, potentially helpless male and provide the sort of service that mum used to provide. Post Girl Power there can't be many takers for that kind of role.

Counsellor Phillip Hodson explains: "We have a bit of a crisis in the male sex at the moment, as opposed to no crisis at all in the female. Men are being constantly out performed by women in all areas. The future really does look as though it's female."

"Females seem to be better self-starters, better at getting out there and getting on with life, better used to hard work and at taking initiative whereas men seem afraid to risk competition and rejection."

"For some men, this means it's a lot easier to stay in the

Tips to get your Mummy's Boy to leave

1. Remember who rules the roost

"Remind him this is your house," says Hodson, a Fellow of the British Association for Counselling and Psychotherapy (BACP). "It is his home only on sufferance. You pay for it, you repair and maintain it and you are responsible for it. This is not a democratic situation, this is a situation where the one who owns the deeds calls the shots."

2. Plan an 'exit strategy'

Arrange an incentive, with a deadline. If necessary suggest that you may move to another area or a smaller home. Or even another country. "Ask him what he thinks he'll do when that happens," says Hodson. "Get him to start seeing a way of living his own life outside the parental home."

3. Offer support

Encourage him if he needs to be helped into a career or job. Find out what he'd like to do. Even look at the possibility of him moving away to some-

where where property is more affordable.

4. Don't give in to pleading or emotional blackmail

"You will no doubt encounter protests and your son may be very angry. But stick to your guns and remember it is a difficult situation but not an impossible one," says Hodson. "If he says hurtful things, like 'you don't care about me' or 'I hate you' remember what it was like when he was a teenager. He probably said he hated you then, many times. He didn't, he just hated the situation. This is similar."

5. Be resolute - stick to a deadline

"When he starts protesting, 'But, but, but...' - and he probably will - stand firm. Tell him, 'I can see you feel angry, but this is the decision', says Hodson. Be strong in the knowledge you are doing the right thing, for both of you."

For more details of Phillip Hodson's work see www.philliphodson.co.uk

comfort of the parental home where mum still cooks, does the washing and still thinks the sun shines out of his proverbial, even if no one else does.

"Obviously the financial situation is a factor too. For most young people their parental home also offers all the luxuries they have got used to and are unlikely to be able to afford when they first set up on their own. So it is tempting to stay put," he explains.

"The old incentives to go are no longer there. In the past a man had to leave home to have an adult life and develop sexual relationships with women but modern parents are more relaxed and will allow girlfriends to stay so that need has gone also," he adds.

However, Hodson warns that keeping your son at home means he will never get the chance to grow up - and mum will never get the chance to grow and enjoy the freedom that later life can bring, with-

out the intense demands of bringing up children, however old they are.

He says: "If you are always catering to your children's needs then you are allowing them to run your life and at the same time not helping them to live theirs, become independent and form their own households. Some part of them will always fail to grow up while they still live with their parents."

Finally, with Brits, male and female, clocking up the longest working hours in Europe while women still bear the brunt of the domestic chores, it's not difficult to see trouble ahead for any relationship where a mummy's boy just jumps from one nest to another.

No woman will thank you for bringing up a son ill-prepared to cook, clean, iron and generally take care of himself.

So do everyone a favour and help him out of that door, once and for all.

Jill Turner

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Get your kids on the starting blocks of life

Many parents struggle to motivate their kids to work hard and follow their ambitions. *They Did, You Can* is a new book that looks at what drove sporting heroes such as Martin Johnson, Phil Neville and Sir Clive Woodward to achieve their dreams. We ask its author how these winners can be used to help young people achieve whatever they want in life.

Sporting champions may have an enormous amount of talent, but that's by no means the only ingredient in their recipe for success.

Other vital characteristics are motivation, hard work and self-

book, *They Did, You Can*, so your kids can learn from the champions.

The book aims to get young people to believe in themselves, and Finnigan insists that by doing so they will be able to achieve

sports stars' self-belief, and a prime example is in the foreword by Martin Johnson, the inspirational captain of England's 2003 Rugby World Cup winning team.

Talking about what he said to the team before extra time in the final, he says: "There were no big speeches... just looking into the eyes of the guys I instinctively knew we were going to win. They had built up a huge sense of belief over the years through trust and confidence in each other. This sense of belief ensured we would be focused on what was needed to make sure the game was won."

"Mike says in his book that talent alone is not enough, and he is absolutely right. What that squad of guys had was a huge amount of talent coupled with a fierce belief and an unwavering commitment to focus on the job in hand."

Finnigan, who works with the Everton football team to help improve their motivation, says young people should read his book years before they try to achieve a particular objective in any sphere of life.

"Get yourself in the right frame of mind as soon as possible. You need to get equipped now," he stresses.

The book is packed with exercises for young people to try, such as writing out reminders of why they're committed to succeed, or phrases they think might help snap them out of a negative frame of mind.

"Kids need to think about the things that will make them succeed. They need to make what



The book *They Did, You Can*, by Michael Finnigan, is packed with exercises for young people to try, such as writing out reminders of why they're committed to succeed, or phrases they think might help snap them out of a negative frame of mind (PHOTO: Press Association).

"... put into action the ideas in this book, you will find that 'winning' is well within your reach"
Sir Clive Woodward

Michael Finnigan

THEY DID YOU CAN

How to achieve whatever you want in life with the help of your sporting heroes

Contributions by
Sir Clive Woodward
David Moyes
Sir Tom Finney
Martin Johnson CBE
Philip Neville
Jonathan Davies MBE
Beth Tweddle

They Did, You Can, by Michael Finnigan, is published by Crown House Publishing, priced £12.99/€18.28. ISBN 1845900642, available from Amazon at www.amazon.co.uk (PHOTO: Press Association)

belief - traits that most parents would love their children to have in bucketfuls.

It's something they can have, says motivational consultant Michael Finnigan, by adopting the right frame of mind, an attitude shared by our sporting heroes. Finnigan has asked sports personalities, including Sir Clive Woodward, Martin Johnson, Beth Tweddle, Phil Neville and Gordon Banks, to share their motivational secrets in his new

whatever they want - from sporting excellence to exam success.

He says: "So many people have talent, but don't develop it. They feel their talent is more of a curse than a blessing."

"All the sportsmen and women I spoke to said they were never the most talented in their peer group. They said they needed both talent and attitude, and to succeed you need to score full marks on both."

The book is full of insights into

they want more appealing, and stronger than the fear of what they have to do to get there."

He adds: "Giving kids the examples of how their sporting heroes achieved things teaches them generic life skills."

"When they're struggling with their thoughts, they can think about how their heroes did it."

Lisa Salmon

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Planet Sofa proudly presents

‘Abode’

Planet Sofa & Beds is proud to announce the launch of its latest expansion, ‘Abode’, a brand new, unique service that offers fantastic bespoke furniture packages for any taste or budget.

Planet Sofa prides itself on the fact that clients do not have to purchase standard packages, assessing each individual client's needs, tastes and budgets and put together a furniture package to suit them.

But this is not the only major change that Planet Sofa & Beds has recently experienced. Established in 2005, after two years of successful trading and increasing demand the company has expanded its premises, now having a vast new showroom wholly dedicated to its renowned beds.

In the ‘Bed Centre’ clients will find numerous high quality brands of mattresses, both UK and Portuguese. These include Sealy, Silentnight, Tempur, Pocket Sprung Bed Company, and nationally manufactured mattresses and divan sets, all of which clients are invited to try! There are also a number of room sets, displaying a wide range of bedroom furniture.

Now the beds have moved into a showroom of their own (conveniently situated right next-door to the main showroom) it has freed up space to include a much wider range of dining room furniture and



sofas in various room sets, so you can envisage the complete layout and design of your room.

Planet Sofa stocks furniture for all tastes and styles, effortlessly suiting those who are after a modern look, as well as a more traditional appearance. A wide range of outdoor furniture has also now been introduced.



So, when visiting Planet Sofa & Beds you can expect to find everything you need to make a happy home, including bed linen (from ‘rental quality’ linen to the finest Egyptian cotton), towels, mattress toppers, luxurious Fogarty pillows (it has been reported that

even the Queen sleeps on Fogarty pillows!), and picture packages, offering a choice of thousands of prints, mounts and frames to perfectly finish off any room.

If this is not enough, for those who may be a bit indecisive or spoiled for choice and at a loss as to what style or design to opt for in their home, a professional Interior Design service from a highly qualified British Interior Designer is also available.

And, to finish off a busy day's shopping, as Planet Sofa & Beds know what thirsty work it can be, a ‘Refreshment Station’ has been created where clients can be served or help themselves to alcoholic and soft drinks to make the experience even more enjoyable.

For more information, see Planet Sofa & Beds' new and updated website (www.planetsofa-algarve.com) or contact the company on telephone: (+351) 282 762 070, mobile: (+351) 916 875 003, or e-mail: info@planetsofa-algarve.com.

Mind Over Matters



Taking control of your thoughts and feelings can often mean the difference between reaching contented fulfilment and a lifetime of regrettable ‘what ifs’, and ‘if only’s. Overcoming personal fears and anxieties can open a door to a whole new world and a whole new you. And there is no time like the present to decide exactly what direction you want your life to take.

Learning how to take control of one's mind is one of the most powerful skills anyone can possess. But often insecurities and emotional issues, even those we are not aware we have, can get in the way of using this skill to its maximum potential.

These obstacles can take many different shapes and forms, more commonly manifesting as phobias, behavioural disorders, addictions, and even physical pain.

Alison Blair is a self-described ‘Progressive Therapist’; a licensed practitioner of NLP – Neuro-Linguistic Programming – trained by acclaimed experts including Richard Bandler and Paul McKenna.

In layman's terms, NLP recognises our ability to learn something, unlearn it, and relearn it differently, unblocking the mind of negative thoughts, which more often than not are caused by or associated with emotional distress, trauma, fear or grief, and ‘re-programming’ it in a positive way.

Alison's role as a ‘Progressive Therapist’ is to work with clients to help them overcome their psychological barriers and move forward to achieve their ultimate goals and dreams. Her priority is reaching positive outcomes with minimum disruption or emotional distress.

With a BSc in Psychology and a Diploma in Counselling, Alison taught the subject for several years but during the 1990's she increasingly felt that clients suffered unnecessary distress when recalling past events, and the healing process was long and drawn-out. So she set out to find alternative methods that minimised the distress levels for clients but generated maximum effect. Enter NLP and TFT.

NLP differs from conventional counselling as it rapidly facilitates changes in the way people think; causing little or no distress to the clients.

It is effective in helping clients to overcome many personal insecurities, from common and unusual fears (flying, spiders, dogs, water, speaking in public, being alone, needles, dentists, getting old...), to eating disorders, inhibitions and addictions such as drugs and smoking. Other areas in which NLP has proven to be effective include weight issues, low self-esteem, reaching professional success, relationships, and behavioural problems.

Alison is also a highly qualified Thought Field Therapy (TFT) practitioner, the first in Portugal.

Although new to Portugal, TFT is used around the world and has an average 93 per cent success rate. It is a proven and thorough, drug-free therapy where the body's energy is literally tapped into, inputting information to allow healing. TFT has been widely acclaimed as ‘the Power Therapy of the 21st century’ and is being used to great affect in some of the world's trouble spots

for the relief of trauma.

As with NLP, it is a safe, non-invasive, procedure that is relaxing and offers incredibly dynamic and effective results in a very short time.

Given Alison's extensive and successful career, her vast knowledge of the human mind, her experience in helping clients, and her comprehensive range of therapies, she is able to completely resolve a very high percentage of issues.

“I consider myself very privileged to carry out the work I do”, she says.

“As the concerns and deepest inner thoughts of my clients are revealed in total safety and confidence, a special bond develops and clients often keep in touch long after therapy has finished, report-

ing their successes as they use their new approach and build the life they want”.

Alison has a practice near Espiche and also visits various centres throughout the Algarve. She has a specially developed programme for supporting families through serious illness and arranges home visits. She will also be working in a new Wellness Centre in Albufeira.

“If you think what you've always thought, you'll get what you've always got”, concludes Alison. Are you ready to make the change and get what you want from life?

For more information, contact Alison on: (+351) 964 951 570, or see website: www.mind-over-matters.com.



Alison Blair

Happy Birthday Bella Sapatos



It has been a very successful first year of business for Bella Sapatos, supplying an assortment of children's shoes in fun colours from the most popular brands in Europe.

A very big thank you to all the children who took part in the Colouring-in Competition during October and November. Shop owner Lucienne Wessels was delighted with the number of entries, which made the judging very difficult indeed!

The lucky first prize winner - owner of a shiny new blue bicycle

- was 7 year old Lucas Thinnon. Second prize went to 10 year old Juci Filipe from Lagos, who was thrilled with his new skateboard. The third prize, a beautiful pair of boots to the value of €75 was won by Ana Bela from Portimão.

Lucienne welcomes everybody to her shop for quality shoes and boots, original crocs

and snuggs or pretty accessories such as leather belts, bags, and socks. All purchases can be wrapped as a lovely Christmas gift, ready to pop under the Christmas tree.

For more information, contact BELLA Sapatos de criança, Rua Infante de Sagres no. 55, Lagos. Tel.: 282 761 155.



Lucas Thinnon, over the moon with his new bicycle, prepares to leave the shop.

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THE PORTUGAL
News

1977 - 2007

We are still receiving contributions for our special anniversary issue so we have decided to present our readers with a **BUMPER CELEBRATION NEWSPAPER** for our final edition of the year on December 22nd. This Christmassy issue will include memories, photographs, stories and articles about the past 30 years in Portugal.



If you have anything to contribute, please email to sherry@the-news.net, post to Sherry Hughes, The Portugal News, Apt 13, 8401, 901 Lagoa, or fax to us on 282 341 201.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 24 Nov 2007

PROPERTY OF THE WEEK

An award winning home in the western Algarve



It is not everyday that one can claim to live in the 'Best Property in Portugal', but that is exactly what future owners of this property can boast. Developed by John Griffiths Real Estate, this week's Property of the Week is the proud title-bearer of 'Best Property In Portugal 2007', which it was awarded at the International Property Awards 2007.

Located in Porto de Mós, between Lagos and Praia da Luz, this four-bedroom, three-bathroom villa is situated amidst an exclusive, five star neighborhood, surrounded by other award-winning developments, also mostly belonging to John Griffiths.

These include 'Best Apartment Portugal 2007', And the 'Best Development Portugal 2006'.

It enjoys a unique architectural design and one-off location, sitting on a corner plot on the very edge of the Porto de Mós cliff tops, overlooking the beach. This privileged setting ensures a lifetime of panoramic views, which will never be interrupted.

Through the front door we enter a refined foyer that has a shiny polished natural stone floor in elegant tones of cream.

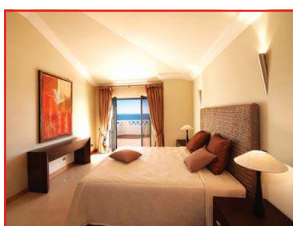
To the left there is a flight of stairs that descend into a full basement, which, having its own bathroom would make an ideal games room or home cinema.

Also left, on the ground floor, there is a beautifully decorated cloakroom, a modern kitchen of German design, fully equipped with top-of-the-range Bosch appliances, also having a back door that opens onto a pretty, pergola-covered breakfast area.

Adjacent to the kitchen is a good-size laundry room, following which is the first of three ground floor bedrooms.

This bedroom is comfortably sized and has an en-suite bathroom styled with chic contemporary ceramics. All ground floor bedrooms

entrance hall, up two steps on a mid-level. They share a large, beautiful family bathroom that has a big free-standing modern bathtub, an un-



sual circular loo and bidet, and a double-size walk-in shower. Two of the things that make this property outstanding are the quality of materials used and the meticulous attention to décor and detail that is invested and which is obvious in every room.

Straight ahead from the front door is a spacious lounge, which comprises a grand solid marble fireplace and to the left has a raised dining area that in turn leads through to the kitchen.

The living room is fully fronted by floor to ceiling doors that open directly onto the pool patio, whilst



framing the breathtaking panoramic views that stretch out beyond.

Unusually shaped like a ships bow, the pool terrace is vast and easily accommodates al-fresco dining furniture and other garden equipment. It has flowerbeds that burst with colorful Mediterranean flora, and, as is south facing, enjoys privacy and sun all day long. The pool is heated and has an electric cover.

The villa's first floor is entirely

made up of the master bedroom, which has a large sleeping area, an elegant en-suite bathroom, and its own private patio with stairs that lead down to the pool.

From the pool terrace there is also a flight of steps that descend directly onto the beach some 50 metres below, and are for private use only. There is a single garage with automatic gates and doors, and the villa is equipped with air conditioning in all rooms, underfloor heating throughout as well as in all wardrobes. This exquisite villa is priced at £1,475,000.00. For more information or a viewing, call John Griffiths on: (+351) 919 763 707, or see website: www.johndgriffiths.com.

John Griffiths is a third generation family business established in 1969, specializing in new and resale properties in Lagos and the Western Al-

garve. Last year the company was awarded the title of 'Best Development in Portugal 2006', beating off other distinguished developments such as Quinta de Lago Golf resort and Vilamoura Villa development, and also took joint 2nd place for Best Estate Agent Portugal 2006.

They have further off-plan and completed villas right on the beach, for sale at Porto de Mós, as well as a small selection of beach apartments now available. A new phase of development will commence in January and deposits are now being taken.



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Vilamoura

Situated near all facilities, one bedroom apartment composed of bathroom, lounge, equipped kitchen and terrace. Furnished. Communal swimming pool and garden area. Construction area - 80 sq.m.

Ref: A1155 Price: € 127,500



Vilamoura

Centrally located, one bedroom apartment composed of bathroom, lounge, kitchen and terrace, communal swimming pool and garden area. Exterior parking space. Furnished and equipped. Construction area - 73 sq.m.

Ref: A1149 Price: € 165,000



Vilamoura

Villa situated in a quiet area composed of 3 bedrooms, 2 bathrooms, lounge with fireplace, dining area, equipped kitchen and terrace. Swimming pool, garden, barbecue and carport. Furnished.

Ref: V12445 Price: € 500,000



Loulé

Beautiful country villa composed of 3 bedrooms, 2 bathrooms, lounge with fireplace, kitchen, 2 storages and large terraces. Garden, brick bake oven and carport. Alarm, central heating and automatic sprinkler system. Plot area - 2.000 sq.m.

Ref: V12378 Price: € 550,000



Vale Telheiro

Beautiful villa composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, dining room, equipped kitchen, laundry and garage for 2 cars. Carport, swimming pool, garden and terraces. Partly furnished.

Ref: V12338 Price: € 635,000

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ALMANCIL Refª V71761

4 bedroom detached villa near Vale do Lobo & Qª do Lago. 501 sq.m. of constr. area. Landscaped garden w/ sw. pool, auto irrigation. Finished to very high quality standards. Fitted kitchen. A/c. Underfloor heating in bathrooms. Alarm sys. Excellent letting potential.

Price: € 995.000



VILAMOURA Refª A71814

2 bedroom apartment in closed condominium w/ large green areas & pool. Only 100 metres from Marina & beach. Constr. area: 125sq.m. Fitted kitchen. Pre installed for A/c. Electric shutters. Underground parking space for 1 car & storage. Finished to a high standard.

Price: € 390.000



VILAMOURA Refª MB71839

2 bedroom townhouse near golf courses. Private complex w/ large green areas & communal sw. pool. Fully fitted kitchen. Central vacuum system & A/c. Underground parking space for 2 cars. Enormous basement w/ large bedroom, office, games room & laundry room. Excellent letting potential.

Price: € 368.000



VILAMOURA Refª A71767

2 bedroom apartment in a private complex w/ large green areas, communal pool, tennis court, kids playing area. Very quiet area near Balaia, Olhos de Águia, Albufeira, approx. 3 mins drive. Fitted kitchen. Central vacuum sys. Surround sound. Pre installed for A/c. Large terrace w/ BBQ. Private 1-car parking.

Price: € 200.000



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S. B. de Alportel

Luxury 6 bedroom villa, at Mesquita Alta & is one of the most exclusive properties in S. Brás. 330sqm covered area in 6700 sqm plot. Nice views to hills & sea. Large garden w/ BBQ area, sw. pool & tennis court. High quality materials. Only 15 mins drive to Faro airport, 10 mins to Faro & Loulé, + 20 min to Golf Courses. Ref:43SBA-M Price: €795,000



Albufeira

High class 5 bedroom Villa, in a very privileged location. Innovative design, w/ passive energy saving, natural illumination, ventilation & advanced energy control system giving comfort & quality to this unique property. Building area: 374m², w/ approval to enlarge up to 526m². Represents high business potential. Safe investment! Ref:128ABF-M Price: €1,200,000



Vale do Garrão

A high class 5 Bedroom Villa. Located at Villas Alvas, between Vale do Lobo & Quinta do Lago. High quality materials. Fully equipped kitchen. Central heating. Air conditioned. All the appliances & modern technologies. Garden. Swimming pool. BBQ & parking area. The best location for your investment. Ref:137LLE-M Price: €1,250,000



Estói

Massive 5 Bedrooms Villa (CA-450 sqm, Plot-10080 sqm) located in Azinheiro (Estói). Panoramic country & sea views. Swimming pool. Garden with auto irrigation system. Central heating system. Air conditioned. Fully equipped kitchen. High quality finishing materials. Ref:177FAR-M Price: €1,675,000



Goldra

Majestic 3 bedroom Villa located at Goldra, in SP Bárbara area, on top of hills, w/ beautiful sea views. Probably best location in area. Comprised by kitchen, living & dining rooms, 3 bedrooms, 3 bathrooms, all en suite on main villa, plus 2 independent apartments (all fully equipped) in the basement. South-facing. Ref:161FAR-M Price: €1,050,000

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Vilamoura

- Large villa, corner plot
- Next to golf courses
- 3 bedrooms 3 bathrooms
- Pool, terraces, garage
- Basement for extra rooms
- Villa 300m² plot 450m²

Ref. V354
Price Reduced to: €595.000



Nave Redonda

- Unique restored property
- Lovely country views
- 7 bedrooms 2 bathrooms
- Cott. 97m² plot 7000m²
- Guest cottage & pool
- Income from cork trees

Ref. C896
Price reduced: €210.000



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São Brás de Alportel

- Traditional townhouse
- Built in 1914
- In very good condition
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- Roof terrace & barbecue
- Cottage 110m² approx.

Ref. C1008
Price: €115.000



Montechoro, Albufeira

- Terraced townhouse
- Built in 1995
- 2 bedrooms 1 bathroom
- Split level living/dining
- Furniture included
- Villa 135m² plot 135m²

Ref. V1013
Price: €176.500



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Tavira: 281 320 281
Vilamoura: 289 301 294



Santa Catarina

Reduced in price for
*** QUICK SALE ***

Beautiful three bedroom / three bathroom villa with swimming pool on large (9936m2) plot of land with magnificent sea view. Double glazing & under floor heating. Ref: LHV-838 Price: €365.000



Moncarapacho

Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m2, built in 2006. Ref: LHV-927 Price: €700.000

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Tavira

Modern, luxurious four bedroom villa on preferred location with swimming pool and garage, large living/dining room and modern Italian design kitchen with cooking island. Breathtaking views from all rooms, cov. area 430m2, built in 2005 Ref: LHV-901 Price: €895.000



Moncarapacho

Exclusive villa (V4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms, 4 en-suite bathrooms, top of the range kitchen and lot of extra's, cov. area 688m2, plot 40.700m2 Ref: LHV-904 Price: €2.400.000



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Ref.: MG-TER-0021
Call: 917 787 582



Tavira

Beautiful 1 bedroom Villa with open fireplace, 2 bathrooms, terrace, breathtaking views... with a 1470 sqm plot Unique opportunity!! Unbelievable price!!
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Vilamoura

Fantastic studio apartment in Vilamoura, less than 15 minutes walking distance from the beach... Fantastic price!!
Prices From: €77.500,00
Ref.: CB-APT-0053
Call: 962 335 514



Quarteira

Fantastic view from this 1 bedroom first line apartment in Quarteira, less than 1 min. walking distance from the beach... just across the street!!
Prices From: €190.000,00
Ref.: CB-APT-0054
Call: 962 335 514



Sta. Bárbara de Nexe

3 bed. Villa in need of some modernization... very well located, w/ large pool, in a 1.300 sqm plot!! Breathtaking views!! Excellent opportunity!! Fantastic bargain price for this location!!
Price: €299.000,00
Ref: MG-PEND-STBRBRNX-FR
Call: 917 787 582

East Algarve - Selected Properties in Tavira and Olhão



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- Communal Swimming Pool

€290,000



Parque da Floresta

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- Open Living/Dining Room
- Fully Furnished
- Golf Rights
- Communal Swimming Pool

€116,000 Quarter Share



Parque da Floresta

- Fractional Freehold
- 3 Bedroom, 3 Bathroom
- Fantastic Golf Course Views
- Fully Furnished
- Golf Rights
- Private Swimming Pool

€235,000 Quarter Share



Parque da Floresta

- 2 Bedroom, 2 Bathroom
- Fully Fitted Kitchen
- Stylishly Furnished
- Roof Terrace
- Golf Rights
- Communal Swimming Pool

€326,500



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Calicos (Olhão)

Lovely 3 bedroom villa close to small golf hotel in the area of Moncarapacho. Nice adult garden w/round pool. Consists of an old farmhouse renovated & extended w/2 living rooms & 1 bedroom in the ground floor & 2 bedrooms in the 1st floor. The property is sold completely furnished including the garden tools.

Ref. 1711 Price: € 470.000



Fuseta (Olhão)

Townhouse in Fuseta built 1977 keeping the original style, only 5min walk to the beach. Composed by the ground floor with kitchen, living room and at the 1st floor with 2 bedrooms, office, WC and a roof terrace with an additional room.

Ref. 1703 Price: € 200.000



Santa Maria (Tavira)

New 2 bedroom apartment in the 1st floor situated in a residential & very calm Urbanization. Constituted by bedroom, suite, living room w/ balcony, half-equipped kitchen, hall w/ storeroom, bathroom & parking w/automatic gate & access to interior of building.

Ref. 1700 Price: € 126.000



Pinheiros de Marim (Olhão)

New house situated in a calm urbanization. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom.

Ref. 1698 Price: € 239.000



Aldeamento de Marim (Olhão)

Lovely ground floor 1 bedroom apartment in nice urbanisation close to lagoons & islands of nature park "Ria Formosa". Communal pool area w/ bar, tennis court & gardens. Kitchen, living room, bathroom & balcony, partially furnished. Garage & storeroom in basement. Good rental investment.

Ref. 1664 Price: € 85.000



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- Completion Dec 07

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Price: € 520,000



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Council of Castro Marim

2 bedroom house with terrace area of approx. 44 m2 & an easily maintained garden area of 60 m2 (mostly paved) with A/C, solar panels, workshop in basement, roof terrace with lovely countryside views, within walking mins to a village, 15 mins drive to Vila Real, the border town to Spain and various beaches.

EA 044 HCM Price: € 180.000



Neighbourhood of S. Brás

Situated 5 mins. drive to S. Brás and 15 min. to Faro this 3 bedroom house with large conservatory and garage is in need of TLC and is surrounded by 1.166 m2 of flat fertile land with a large variety of trees and flowers. To be sold furnished and equipped.

EA 045 HSB Price: € 265.000



Neighbourhood Altura

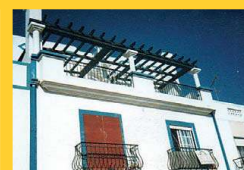
Very comfortable & attractive semi-detached villa w/ 3 bedrooms, built in 2002 w/ a covered area of 170,70 m2, A/C, garage (presently converted into conservatory), lovely swi. pool, garden area of 133 m2, 2 kms from beautiful Altura beach, 5 kms from various golf-courses.

EA 046 - VALT Price: € 300.000



Neighb. Vila Nova de Cacela

In a small allotment, approx. 2 kms from V. Nova de Cacela, 3 kms from Manta Rota beach & various golf-courses, 2 building plots (1 w/ 206.75 m2 & the other 186.59 m2) have electricity, mains water & drains, & are sold w/ approved project for a 3 bedroom villa (sufficient space for a pool) EA047BFLVC Price: €84.000 / Each



Apartment Cabanas

This one bedroom apartment (44 m2) with sitting room, fully fitted kitchenette, bathroom and bedroom was built in 2000 and is situated on the 1st floor in a building of 5 apartments in the centre of Cabanas, 3 kms from Tavira and less than 1 km from Benamor golf-course.

EA048-ACAB Price: € 105.000



AMI 7557

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of our properties

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Vilamoura

Beautiful 2 Bedroom/2 Bathroom "Fully Furnished" apartment overlooking the swimming pool located on the exclusive Vila Sol spa & golf resort with 3 pools (1 Heated), air-conditioning & fireplace

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Almancil

Luxury 2 Bedroom "Fully Furnished" townhouse located on a small condominium of only 12 villas with use of Tennis Courts. Within 5 minutes Drive of Quinta do Lago & Vale do Lobo beaches and golf courses.

Great Value, Must Be Seen!!
Price: €360,000 / £248,000



Vilamoura

3 Bedroom / 2 Bathroom "Fully Furnished" single story villa with private swimming pool located in a quiet area with easy access to the marina and beach via the road train that stops nearby.

Price: €395,000 / £272,000



Vilamoura

3 Bedroom / 2 Bathroom detached villa offering a sunny terrace with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a garage with sauna.

Exclusive to Silver Holidays
Price: €550,000 / £379,000



Vilamoura

Beautiful 3/4 Bedroom / 2 Bathroom large townhouse located near "Browns" health club and Old Course golf course with private Jacuzzi, sauna and swimming pool.

Price: €625,000 / £431,000



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Salicos

Two bedroom apartment w/ established garden & very private BBQ area & communal swimming pool. Desirable location close to Centianes beach. Lounge w/ wood burner, modern kitchen, w/ floor heating in bedrooms, ample parking space.

Ref. A-237 Price: € 250,000



Carvoeiro Salicos

Country retreat villa of 165m2 set on a plot of 2500m2, close to village centre and beaches. 3 bedrooms, 2 bathrooms, guest wc, lounge/dining room, equip-ped kitchen, swimming pool, garage. Main bedroom leading to a large terrace, elegant driveway leading to garage, close to village centre and beaches.

Ref. V-326 Price: € 420,000



Belomonte

Spacious new villa in quiet location in prestigious area composed of 3 bedrooms, 3 bathrooms (2 en suite), guest wc, lounge w/ fireplace, dining room, equipped kitchen. Large terraces on the 1st floor. Swimming pool. Quality design construction.

Ref. V-312 Price: € 500,000



Salicos

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool.

Ref. V-349 Price: € 495,000



Carvoeiro

4 bedroom house w/ heated swimming pool, spacious lounge w/ wood burner, large, equipped kitchen leading to BBQ area, 2 bathrooms, shower, central heating, small established garden, driveway with lockable garage.

Ref. V-350 Price: € 350,000



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Beautiful apartment in very well maintained complex on Meia Praia, Lagos. 2 bedrooms, 2 bathrooms, living room with fireplace, 180° uninterrupted view over the ocean.
Price: €318,000.



4 bed villa (475 m²) in the well known Vila Branca resort, Lagos, located between Praia D. Ana & Porto de Mos, near the historic centre, with pools, tennis, gardens etc. **Price: €475,000.**



Top floor apartment in high quality complex Foz da Ria near Palmares golfcourse. 2 bedrooms, fully furnished, garage and storage. Complex with pools, tennis, etc. Very good seaview. **Price: €330,000.**



Luxurious 3 bed townhouse in an excellent resort with tropical gardens, tennis, pool & rest. on Meia Praia, Lagos. Near Palmares golf. Furnished and equipped. **Price: €325,000.**

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Planning the ideal kitchen

Buying a new kitchen is a major investment because, on the whole, they don't come cheap. Kitchens are also a key selling point if you decide to put your home on the market, so you need to get it right.



After removing your old kitchen, it is worth checking the condition of the plaster. The finish and strength of the walls ultimately determine how your kitchen will look and to ignore it at this stage may spoil the final appearance. If major plastering is required once you have removed your old kitchen, be sure to give it sufficient time to dry before fitting any units otherwise the cabinets will swell due to moisture content. (PHOTO: Press Association)

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Redoing a kitchen can cost anything from a few hundred to many thousand euros and you need to choose one that's appropriate to your home, both in style and value.

Most kitchen retailers provide a design service, which pays dividends because the last thing you need is for your kitchen to arrive but not fit, be practical or look right.

The kitchen designer should also think of things you might not, such as safety considerations, any potential problems and how to create the most practical layout.

If you're buying your kitchen from somewhere that only provides a DIY kitchen planner, be sure to think everything through and not miss anything vital - it's easy to do!

Remember, for example, that the cooker, fridge and sink should be in a triangle configuration, the appliances must be near sockets, and your worktop mustn't be too heavy for the units.

Cheap and cheerful units may not be able to support a solid granite worktop, for example.

The most expensive kitchen units arrive assembled or are made of solid wood, but most come flat packed. This means that before you can even think about fitting the kitchen, you need to put together the units, which will take time and can be tricky.

Follow the manufacturer's instructions carefully and once you've done a couple of units, they should get easier.

If you're a confident and competent DIYer, you may want to fit the kitchen yourself, particularly if it isn't an especially expensive one.

This isn't the easiest of DIY tasks, though, so think carefully before tackling it. If you decide to, you'll certainly save yourself a lot of money, although you must get a qualified electrician to do any electrical work. You may also want to get a plumber in to change the sink and taps, etc.

Assume that a large or complicated kitchen will take at least a week to fit and that a small one will take two or three days, providing everything goes smoothly.

To help you fit the kitchen correctly, you'll need a series of horizontal and vertical reference lines to prevent the units becoming misaligned and wonky. Consult a good DIY book or website about how to get these lines in the right place, as it's quite involved.

If you're fitting wall units to a stud wall, ie one that's not solid, you need to find where the studs are. Hanging wall units with toggle or butterfly screws isn't advisable because they'll simply be too heavy when full of stuff.

You can usually find studs by tapping the wall but a more reliable way is to use an electronic stud detector. When you find them, mark each stud along the three horizontal reference lines you've drawn as your guides for the units.

Now screw a sturdy batten of wood just below and along the reference line marking where the bottom of the wall units will go. This will provide support as you hang the units and can be removed and moved along as you progress.

Julia Hunt



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Christmas gifts and gardeners go hand in glove



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Gardening gloves are a very personal thing. People tend to find a pair they feel comfortable with, which fit their hands perfectly, and stick with them. But often such favourites have to be replaced when holes appear, particularly when you are not using the right gloves for the job in hand.

An effective pair should resist stings and thorns, keeping your hands clean, warm and dry even when you are working in damp conditions. So which gloves should you be wearing?

Gardening Which?, the British Consumers' Association magazine, recently put 10 widely available pairs to the test that you'd have for pruning and tough jobs. It found that some of the cheaper versions fared just as well as the more expensive ones.

Testers conducted various tasks including pruning thorny shrubs, pulling up nettles and brambles, using garden machinery such as a grass trimmer and physical work including digging. All sizes available were tested and after each test, gloves were rated on protection and comfort, as well as how well they fared when washed or cleaned. Finally, testers measured the force it took to push a metal pin through the fabric of the palm.

Best buy was the Jayco Gold Leaf Tough Touch £22.95/£34.50, which achieved top marks in all the performance

tests, the November issue of the magazine reveals. Researchers found that although the fingers were well padded for heavier tasks, the supple leather made it easy to perform more intricate tasks as well. They were soft, comfortable and among the toughest in the metal pin test.

If you don't want to pay more than £20/€30.00 for a pair of gardening gloves, a good, cheaper pair are the Briers All Rounder, at £3.99/€6.00, which performed well and were excellent for more delicate tasks and for comfort,

thanks to the knitted wrist, although they weren't as thorn-proof as some of the others tested. The latex coating was waterproof, though.

Another Best Buy was Andersons Thornguard Quality Gloves, at £13.62/€20.45, with a snug-fitting knitted sleeve and brightly coloured cuffs which make them hard to lose.

Most gloves come in two or three sizes, but there is a wealth of difference in size from the various manufacturers, so make sure you spend time shopping around and getting a good fit before you buy. The gardeners in the trial often found that either the smallest size was too large or that neither size fitted perfectly.

As for cleaning, most of the

gloves tested were leather and the makers advise wiping them clean with a damp cloth, although several suggested hand-washing them in warm water. Gardening Which? washed all the gloves in a washing machine on a 'delicates' programme and none showed any adverse effects, although it isn't recommended you do that regularly. Let the gloves dry naturally.

Bottom of the chart in the glove test was Gardman Thorproof Pruning Glove, at £4.99/€7.50, which scored 56% and only gave average performance in pruning and ground clearance tasks.

:: Gardening Which? is a subscription-only gardening magazine published 10 times a year by Which? For details on how to receive three issues of Gardening Which? for £3/€4.20, tel: 00 44 (0)1992 822 800 or go online to: which.co.uk

Hannah Stephenson

What's in store

Garden centres now have bedding plants that will give plenty of interest to our gardens once the autumn conditions really arrive, and of course Christmas plants are now arriving.

Impatiens 'New Guinea group' are as their name suggests, cultivars that have been bred for their adaptability in the garden. These are shrubby plants that attain a height of 35cm and spread of 30cm come in a variety of colours ranging from white to the pinks and orangey reds or lavender. They are mostly used as annuals although we have found that they will continue to flower throughout most of the winter as long as there is no frost and then continue into the next season after a little gentle pruning. Give them a rich soil mixture in a shady situation that is not too windy and water during the very hot months. They do benefit from a mulch in the late autumn.

Violas in the form of the large flowered pansies make excellent additions to the winter garden with their splashes of wonderful colours that range from white through to lilacs and purples, or yellows and orange. They are plants that reach about 25cm height and spread and need a rich soil mixture that is well drained in a bright situation with partial shade. They will need watering with dead heading prolonging the flowering period. They are more usually used as annuals as they do need plenty of care during the very hot weather besides becoming rather 'leggy'.

Euphorbia pulcherrima more commonly known as Poinsettias are usually associated with the Christmas season and add plenty of colour to our homes during that time. Besides the more usual red, new colours have been cultivated including pink, white and yellow. Indoors they need a good soil mixture and to be kept in bright light and given moderate watering and liquid fertiliser on a regular basis. Keep them indoors until spring and then take them outside and carefully acclimatise them to outdoor conditions before planting them in dappled shade where they can attain a height of 2 to 4m but do need to be kept frost free at all times.

Madge and John Measures



Christmas is coming, let's be jolly, give me a call to sell your holly - Bella 914 393 736

Best of the bunch



Sea holly (Eryngium)

This upright, prickly, herbaceous perennial provides valuable architectural interest from midsummer to autumn, when a lot of other border plants are past their best. It grows to around 1m, producing branch-

ing stems of violet-blue flowers with narrow, grey-blue bracts, and is good for using indoors as a dried flower.

Sea holly thrives in full sun, in poor, dry soil, which is why it does so well at the seaside. It may need protection from excessive winter

wet, especially in an exposed garden. The most popular taller type is *E. oliverianum*, but you can also get low-growing ones including the evergreen *E. variifolium*, which grows to 60cm and *E. alpinum*, with metallic blue flowers.

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Bargain-hunting secrets from the Queen of Bargains

Alison Cork is the self-proclaimed Queen of Bargains - she is not the sort of person you want to meet at the sales. She seeks out home bargains like a heat-seeking missile and nothing, repeat nothing, gets in her way. Similarly, rogue tradespeople should shiver in their shoes - she can scent a dodgy builder at 100 paces.

Luckily, feisty, forthright Alison also sees no reason why the rest of us should pay over the odds for goods for our homes, or put up with patchy plumbers and their ilk.

She's the guru behind websites such as www.homesandbargains.co.uk, which is a comprehensive guide to quality or luxury buys at discounted prices and www.problemsolved.co.uk, a database of over 60,000 vetted and recommended tradespeople.

Alison's tips for bargain hunting this winter:

Shop 'off piste'

Alison says "Don't just rely on seasonal sales." Seek out designer outlets, and deal direct with manufacturers and wholesalers so you get to the goods before the high street stores have time to add their mark up.

Many top-end homeware retailers have a factory shop stocking cancellations, clearance stock and discontinued lines. Also try to buy seasonal goods out of season eg: garden furniture in winter, fires in summer.

Join the haggle brigade:



TV Presenter and journalist Alison Cork - the Queen of Bargains. (PHOTO: Press Association)

Never be afraid to ask for a discount, as often retailers won't risk losing a sale for the sake of knocking a percentage off the price. "It's a shopper's responsibility to try to get more for their money, so just be pleasant and courteous, but persistent in your request," she advises.

Be cyber savvy: Don't click on the first apparent bargain. Take time to shop around, and to watch out for add-ons like delivery charges and VAT.

She advises: "While the choice on the internet can be overwhelming, it can save the emotional and physical energy of trudging around shops."

"Of course, an image on a site can never be a substitute for try-

ing out a sofa or bed but you use the web to make a shortlist of destinations. Also many sites now are so user-friendly they're like virtual reality shops."

Buy wisely: Investing in quality flooring or worktops may pay off because they'll wear and last longer than a cheap equivalent, but going OTT on free-standing furniture which wears and dates may be a poorer choice.

Faking it: Don't ignore reproduction or imitation finishes - quality veneers, fake stone - which are often so good they can be almost indistinguishable from the real thing at a fraction of the cost.

Gabrielle Fagan

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PUMPKIN RECIPES



Check out these delicious pumpkin recipes - ranging from pumpkin pie, to pumpkin and sage tagliatelle.

There are some things the Americans do well - and it's not just being governed by Hollywood actors or dominating the world. When it comes to the pumpkin season, nobody does tasty pumpkin treats like the Americans.

Like a Yule log or an Easter Simnel cake, pumpkin is usually time-coded only for a specific festival. But pumpkin's delicious, sweet pulp is great in pastas, soups, stews and desserts all year round, although Hallowe'en is your best time to start experimenting.

Packed full of beta-carotene and fibre, and with seeds high in zinc and essential fatty acids, this giant fruit is also good for you. Some cultures across the world have been using pumpkin in their food for centuries.

Although most commonly associated with North America, pumpkins are actually native to the Western hemisphere and have also become a staple addition

to meals around the world. Curried pumpkin and dhal is popular in India, Mexicans cook it with brown sugar for breakfast, and hollowed out pumpkins are used for meat stews in Argentina.

There's something about the warm, buttery, slightly sweet taste of pumpkin that draws people together: it was even the alleged deal-sealer between the Pilgrims and Native Americans on Thanksgiving way back in 1621.

Knowing where to find a pumpkin and what to look for once you do, though, is essential. Most supermarkets stock up around Hallowe'en, but as this year's growing season was hideously wet (how could we forget?), the pumpkins might be a bit greener than usual as they need the sun to turn them that rich orange colour, but they'll still do the job fine.

Your pumpkin should feel firm and dense and be free of any cuts or deep scratches on its skin. Once

you take it home, store it in a dry place and move it every few days as it can get mouldy on the area where it sits.

The larger it is, the likelier that your pumpkin will taste a bit bland. For tastier flesh, stick to smaller pumpkins, advises Marcia Kriner, author of *The 50 Best Pumpkin Recipes*, which is published by Bristol Publishing Enterprises, priced £5.50/€7.70.

With recipes ranging from starters to desserts, you're sure to find something that suits your fancy in her book but remember, once you've started cooking, be sure to refrigerate. Cooked pumpkin keeps for about five days and can easily be frozen.

Kate Hodal

Pumpkin & Sage Tagliatelle

Ingredients Serves 4

1 piece pumpkin (about 500g)
75g cup unsalted butter
1 white onion, sliced paper thin
8 fresh sage leaves
450g dried spinach tagliatelle
75g freshly grated parmesan cheese
salt and freshly ground black pepper to taste

To prepare:

Peel pumpkin, remove seeds and strings and discard. Cut pumpkin into small cubes. Set aside.

In a large frying pan, melt half of the butter over medium heat. Add onion and saute, stirring,

until translucent. Add pumpkin and cook, stirring often until tender, about 20 minutes longer.

When pumpkin is almost ready, melt remaining butter in another frying pan over medium heat. Add sage leaves and fry until slightly crisp, just one or two minutes.

Meanwhile, bring a large pot of salted water to the boil. Add pasta and cook until tender. Drain and transfer to a warmed serving dish. Immediately pour pumpkin sauce over pasta. Add parmesan, salt and black pepper and toss well. Pour sage and butter over pasta and serve at once.



Pumpkin Pie

Ingredients Serves 4

pinch of salt
3/4 cup granulated sugar
2tbsp brown sugar
1/2tsp cinnamon
1/4tsp ground ginger
pinch of ground cloves
1/4tsp nutmeg
2 eggs, slightly beaten
160ml/six fl oz milk
350ml/13 fl oz pureed pumpkin
1 crust of pie pastry
nutmeg for topping

To prepare:

Sift salt, sugars, spices and nutmeg together; stir into eggs. Add milk and pumpkin and combine.

Line a nine inch pie pan with pastry and pour in filling. Sprinkle with nutmeg. Bake at 230C/450F/Gas mark 8 for 10 minutes. Reduce temperature to 160C/325F/Gas mark 3 and bake for about 35 minutes, until a knife inserted in the centre comes out clean. Cool.

(See photo opposite.)



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THE PORTUGAL
News

1977 - 2007

We are still receiving contributions for our special anniversary issue so we have decided to present our readers with a **BUMPER CELEBRATION NEWSPAPER** for our final edition of the year on December 22nd. This Christmassy issue will include memories, photographs, stories and articles about the past 30 years in Portugal.



If you have anything to contribute, please email to sherry@the-news.net, post to Sherry Hughes, The Portugal News, Apt 13, 8401, 901 Lagoa, or fax to us on 282 341201.

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Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

Vila Palmeira at Meia Praia, Lagos is situated just before you reach the Palmares Golf course. This luxury estate needed its own restaurant and last July owners Karin and Vincent opened this select little jewel overlooking the sea. Enjoy lunch in the downstairs Bistro with a delicious selection of soups and sandwiches, salads or a light meal, or dine upstairs in the evening from the wide selection of starters and main courses. Try Pumpkin Cream to start followed by Chateaubriand with truffle juice for two, or Cataplana with monk-fish, mussels and potatoes. There are a selection of delicious desserts and cheeses, the house wine is very

good and the wine list is superb.

No Patio "The best kept secret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No Patio has a simple, but elegant interior, with a secluded terrace and working garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon, and Rosemary and Lemon Butter; Honey Roasted Breast of Duck with a Citrus and Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.



Duna Beach Restaurant & Bar is located on the soft sands of Meia Praia, near Lagos. Totally renovated with a new image inspired by nature, using natural fabrics in soft colours combine to create a simple yet sophisticated setting. Open year round, you can chill out in the open, airy lounge atmosphere overlooking the fabulous pool. Choose from a range of healthy dishes prepared by their chef Jerónimo Abreu from fresh, carefully selected ingredients. These include Portuguese, international and veg-

etarian dishes. Opening at 9am with fingerfood and snacks the bar serves cocktails, long drinks, fruit juices and milkshakes, and doesn't close until 5am! There are sun loungers and stylish shades for rent on the beach, 3 tennis courts, changing and shower facilities, and water sports. Occasional special events.

www.the-news.net

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=Z'ARTES=**

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Good health



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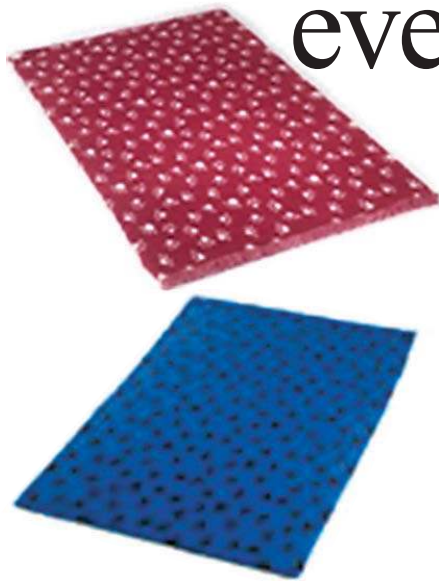
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Chilly days and evenings



My four footed friends have decided winter has arrived and that our bed is much warmer than theirs!!! So action will have to be taken in the shape of some new beds for them. I have had many phone calls from clients asking about our beds, so here is a quick note of the new arrivals.

The beds I have been using for mine for years are the Vet Beds, they are so comfortable and easy care—wash and dry fast. The ones we have in stock come in two sizes 75x100cms and 100x150cms. They are non slip, water absorbent, very thick, the dogs love them. We have various colours, some with pawprint design on. I actually have one under my desk—wonderful for my feet!!!! Note Cleo and Merlin are always under my desk so that was the only excuse I needed.

We were asked to find some waterproof beds a while back and they have been a big success. They really are fabulous and will last them a lifetime. I have added a picture and a brief description. They have lots of plus points—can be used inside and out, they are very thick which on our cold tiled floors is a bonus. We have two sizes in stock, 70x100cms and a generous 90x120cms. I will add these to my dogs Christmas list I think—in order to reclaim the bed to ourselves.

Chloe, Cleo and Merlin—a Thankyou

We all went down to Vilamoura on Sunday to see the special boat - this included Chloe, Cleo and Merlin. I just want to say a big thankyou to everyone who stopped us for a chat. It did make our walk a very long but enjoyable one. It is wonderful that so many people now know them and want to see them. Cleo and Merlin are just thrilled with it all - Chloe is a bit more reserved. I have decided that for the next three months during the run up to Crufts Cleo and Merlin must be out in crowds as much as possible - so everyone keep your eyes open, the terrible two may come your way - they look adorable though.

Having implied they are naughty is not very fair as they are as good as gold when out, I always have them on a double lead so they walk along together quite happily. Cleo is a bit of a demon with water and whilst I was watching the boat her sights were firmly set on the sea. I know that if she was off a lead she would be in it, Cleo is a true waterdog. Merlin not so, he is not very interested. Having said Cleo is a Waterdog, the opposite is true in rain - as I write this during a thunderstorm, Cleo and Chloe have refused point blank to leave the house, Merlin did dash out but came back fast. Chloe is about to have her tshirt on as she really does hate thun-

der and has spent the evening sat on top of me quivering. The tshirt trick works every time though.

Hope you all keep dry. I shall, no doubt, have my crazy dogs in their waterproof trouser suits over the next few wet days, I am sure the farmer next door thinks I am quite mad. Well, a Waterdog in a waterproof trouser suit - that is as bad as my intention to get them fleecy trouser suits for the drive through the Pyrenees in March.

Protect your pet with knowledge

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Our Old English Sheepdogs prefer to curl up on the mattress, (high sides are not feasible for them, they are really too big and prefer to 'sprawl')—the mattress beds also in a variety of col-

ours. I started with one but there were 'arguments' about who had it—well not arguments as an Old English Sheepdog does not argue, she looked very 'put out', so I had to get more!!

Some of you know that I am aiming to take Cleo and Merlin to Crufts in March, car, weather, energy and health permitting. A friend has sent me a brilliant idea for them—but I am not sure I will actually buy them. They are fleecy trouser suits!! They look gorgeous but at the end of the day these furkids are just that—doggies. Mind you Jim says they were bred in the heat, are used to the heat and will find it very cold over there in March—but dogs in fleeces—can I, dare I. I will keep you posted and IF I do get them I will put a picture on here so everyone can have a laugh at their expense.

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SHOWS

The Sleeping Beauty Ballet

The Sleeping Beauty is a ballet by Pyotr Tchaikovsky. The score was completed in 1889, and is the second of his three ballets. The original scenario was conceived by Ivan Vsevolozhsky, and is based on Charles Perrault's La Belle au bois Dormant. The choreographer of the original production was Marius Petipa. The pre-

miere performance took place at the Mariinsky Theatre in St. Petersburg in 1890. The work is widely regarded as the composer's finest ballet score, and has become one of the classical repertoire's most famous ballets.

The remake of the original will be performed in Lisbon and Oporto.

November 22nd – 24th at Lisbon Coliseu dos Recreios. November 27th Oporto Coliseu. Tickets: €12.50 - €37.50.



We are still receiving contributions for our special anniversary issue so we have decided to present our readers with a **BUMPER CELEBRATION NEWSPAPER** for our final edition of the year on December 22nd.

This Christmassy issue will include memories, photographs, stories and articles about the past 30 years in Portugal.



If you have anything to contribute, please email to sherry@the-news.net, post to Sherry Hughes, The Portugal News, Apt 13, 8401, 901 Lagoa, or fax to us on 282 341201.

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'Dream' at Algarve Casino

"Everyone has a dream" ... so, it is best to be careful what you wish for... even a cleaning lady in the theatre dressing room can wish to be the star, getting all the applause when she takes her bow onstage. This time it really happens - even if it is for one night only. As the

photos in the dressing room come alive, the cleaning lady is transformed into a glamorous star.

"Dream" carries her on a fantasy journey from 1 show to another all the way to the Grande Finale where she is truly the star she always dreamed of being.



Daily show from 10.30pm to 11.30pm at Hotel Algarve in Portimão. Tickets: €10 per person (one drink included). Dinner and show from 8.30pm. Tickets: €27 per person (complete menu), with musical entertainment played by "Royal Flush Band".

FAIRS

I Exposocorro

A fair on first aid being held as part of the 125th anniversary of the Faro Municipal Fire Brigade Service. On exhibition will

be all the equipment, for home and for ambulances as well as methods that can be used at home in case of emergency.

November 29th until December 3rd from 3pm to 9pm.

THEATRE

The Dream Dragon

Bedroom furniture that turns into a dragon and flies off taking a little boy and his far more intelligent cat on a nighttime adventure - this is the basis of the latest production, in four languages, of the innovative per-

formance group Aperitivo, at the Museum in São Brás.

With a cast of talking animals, singers, a fairy godmother and the devil, plus a 'fairground' set, this is a lovely fantasy for the Christmas season.

Museum do Trajo in São Brás on December 2nd from 6pm and December 8th from 6.45pm.

CHARITY

LAPS to move location

After 9 years of generously allowing LAPS rent free, to use

the shop at Quatro Estrada the owners have told us we must vacate by 25th November.

They would like to give many thanks to the shops supporters without whom they would not be able to care for their animals.

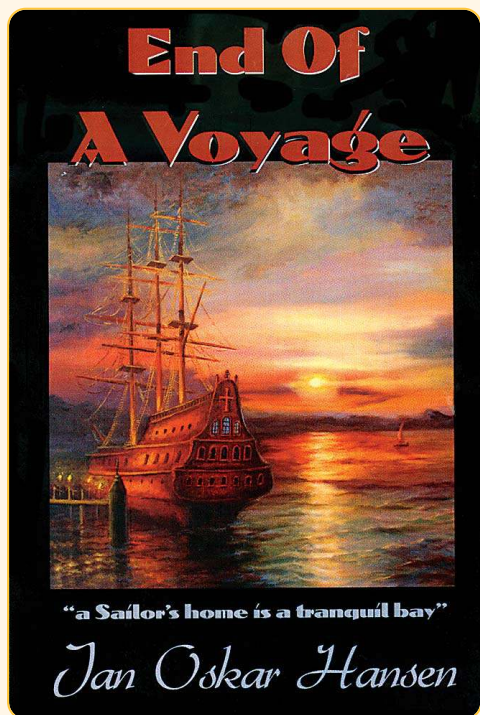
LAPS is urgently looking for new shop premises and volunteers.

Meanwhile don't forget their Lagos shop (behind the Bus Station) is open 10am - 5pm.



BOOK REVIEW

Unabashed reflections on the human condition



This latest collection of poetry and short prose by Jan Oskar Hansen exemplifies immense personal and artistic maturity. I have elsewhere written about Hansen's genius as regards the art of storytelling, and his work is no exception. Hansen seems to reset the bar with each book he writes - much like a good whiskey - improving with age and experience.

Jan Oskar Hansen has what is referred to in Norwegian (the land of his birth and youth) as 'bakkekontakt' (a sense of reality). Hansen's work often leaves an almost bittersweet chocolate aftertaste, with the effect that the reader is invariably left with a craving for more. Perhaps the most striking and enticing aspect of these short stanzas in poetic prose form is also that which makes them somewhat 'uncomfortable'.

Hansen ingeniously presents contemporary issues and personal experience in a way that is immediately digestible, both honest and humorous in its portrayal of humanity and which cleverly pulls the reader so easily into the reasoning of the stories told that one cannot help but

to question one's own personal values upon reflection. His experiences and his viewpoints suddenly become those of the reader, and in order to satisfy the yearning to learn more about oneself one simply has to continue slavishly from poem to poem... and perhaps even to take a second read-through upon reading the last words in the book.

In conclusion, I would heartily recommend End Of a Voyage - A Sailor's home is a tranquil bay to all who are looking for a reading experience that goes far beyond the boundaries of traditional poetry, reaching into the psychology and the humor of the human condition.

Jan Oskar Hansen, a Norwegian expatriate, has published a wealth of poems, including individual works published in various anthologies, on the internet, and three collections which previously have been published in book form such as 'Letters from Portugal', 'Lunch in Denmark', and 'La Strada'. For more information on the author, visit www.literati-magazine.com/magazine_features/winter05/poetry/jan-hansen.html

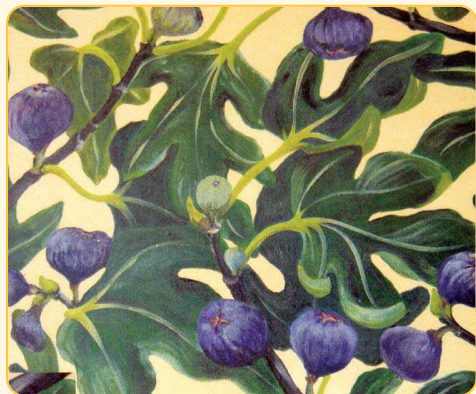
Adam Donaldson Powell

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

EXHIBITIONS

Frutos d'Luz gallery art studio – estrada de Vale do Lobo

Don't miss the works by Madeleine Williamson, Camelia Popa, Barbara Jane Banks and António Manuel Marques, amongst others, in a wide range of media, including oil, pastels, ceramic, collage and photography.



Find the studio on the road from Almancil to Vale do Lobo, just past Mr Freddie's Restaurant. Call 289 355 331 or 916 105 588 or 916 103 050 for more information.

Myth Behind Plexiglass

Polymethyl methacrylate or poly is the synthetic polymer of methyl methacrylate. This thermoplastic and transparent plastic is sold by the tradenames Plexiglas, Limacryl, R-Cast, Perspex, Plazcyl, Acrylex, Acrylite, Acrylplast, Altuglas, Polycast and Lucite and is commonly called acrylic

glass or simply acrylic. The material was developed in 1928 in various laboratories and was brought to market in 1933 by Rohm and Haas Company. Find out more information on Plexiglass at Fernando D'F Pereira's exhibition which is currently taking place in Lagoa.



Until January 2nd at the Convent S. José in Lagoa.

The Artist's Workshop

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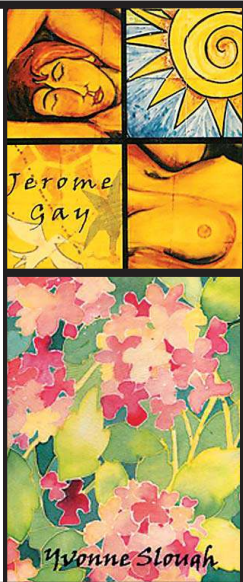
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For more information:

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yvoneslough@hotmail.com



Ooooooooo!

Having got a liking for 'world premières', the 10 piece hot dance band, Oo-Boop-I-Do, will be back at the Museum in São Brás on December 2nd at 8pm to delight both those who come just to listen and the increasing numbers of people who want to be up there dancing.

Once you have seen this band you have to come back and see

hear it again, 'see hear' because this is pure entertainment, Oo-Boop-I-Do is a performance band that plays infectious music. Ian Carfrae's world famous Silent Tap Dance is just one of the performance highlights that will be seen but not heard!

The line up is a mixture of talented musicians of various nationalities and various ages: one thing that doesn't vary is the quality of the music.



December 2nd. Tickets: €12 / €10 (Friends of the Museum). For more information e-mail admin@amigos-museu-sbras.org or call 966 329 073 / lua azul 289 845 452 / museum 289 840 100 / www.amigos-museu-sbras.org / karen 968 413 688.

Pirates Of The Caribbean: At World's End

The third voyage of Captain Jack Sparrow (Depp) opens with the salty seadog consigned to purgatory in Davy Jones' locker. Thankfully, lovebirds Will Turner (Bloom) and Elizabeth Swann (Knightley) join forces with Captain Barbosa (Rush) and soothsayer Tia Dalma (Harris) to rescue Jack from walking the plank to eternal damnation.

They head to Singapore to meet with Chinese pirate Sao Feng (Yun-Fat) in the hope of creating an alliance against the East India Trading Company, which now controls Davy (Nighy) and his vessel, The Flying Dutchman.

The meeting ends in bloodshed and Will, Elizabeth, Barbosa and their shipmates venture to the very edge of the world in search of Jack,

while Lord Cutler Beckett (Hollander), who commands the troops of the East India Trading Company, bides his time.

Pirates Of The Caribbean: At World's End is not a complete shipwreck but it sails perilously close, capsizing in the first hour under the weight of our expectations. Rum-bustious action set pieces, augmented with spectacular computer generated effects, bookend the film and cute comic interludes buoy the downbeat mood.

However, there's no mistaking warning flares sent up by Depp, who looks interminably bored with his character. Knightley and Bloom pout with equal fervour while Keith Richards shivers the timbers as Sparrow Snr, strumming a guitar and dispensing cryptic

Clã - Faro

Clã is a Portuguese pop-rock band of a mixed nature in terms of style, ranging from moments of pure balladry, through jazzy details, to enthusiastic pop songs, which is currently widely regarded as one of the best Portuguese bands in the present musical context. They have established themselves as a highly popular live act and, besides

consistent positive critical response, their work has been met with relative financial success. The band was formed in November 1992, consisting of brothers Helder (guitar) and Fernando (drums) Gonçalves, Manuela Azevedo (voice), Pedro Rito (bass), Miguel Ferreira and Pedro Biscaia (both on keyboards).



Teatro das Figuras in Faro November 29th from 9.30pm. Call 289 888 100 or visit www.teatromunicipaldefaro.pt for more information.

DVD REVIEW

tic advice to his wastrel son.

Overblown action sequences are thrilling as expected but the middle hour of this exhausting third voyage becomes waterlogged with dense, muddled exposition. Boredom ahoy!

A four-disc triple-pack comprising The Curse Of The Black Pearl, Dead Man's Chest and At World's End is also available.

DVD Extras: Director and actors commentaries, "Keith & The Captain" behind the scenes featurette, "The Tale Of Many Jacks"

featurette, "Hoist The Colors" opening song featurette, "Masters Of Design" featurette, "Inside The Brethren Court" costume design featurette, "The Pirate Code Revealed" featurette, "The World Of Chow Yun-Fat" featurette (in Mandarin), "A Producer's Diary" featurette, "The Pirate Maestro: The Music Of Hans Zimmer" featurette, bloopers, Anatomy Of A Scene - The Maelstrom, Crew Confidential pirate profiles.

Rating: ***

Damon Smith

BOX OFFICE

LIVE CONCERTS

JANUARY 2008

Strauss Orchestra Festival - January

4th, 5th at Lisbon Coliseu from 9.30pm.

Tickets: €10 - €45.

Babyshambles - January 8th at Lisbon

Coliseu. Tickets: €20.

FEBRUARY 2008

Korn - February 27th from 8pm at Pavilhão

Atlântico. Tickets: €25 - €35.

MARCH 2008

The Cure - March 8th from 8pm at

Pavilhão Atlântico. Tickets: €28 - €40.

Alicia Keys - March 19th at Pavilhão

Atlântico. Further info TBA.

APRIL 2008

Nightwish - April 18th in Oporto Coliseu.

April 19th at Lisbon Coliseu. Further info

TBA.

LIVE SHOWS

DECEMBER

Noddy Live - Noddy is returning to

Portugal for a Christmas special on

December 8th and 9th with daily ses-

sions at 11am, 3.30pm and 7.30pm on

December 8th. Minimum age of 3.

FEBRUARY 2008

Tap Dogs - Tap Dogs are currently

taking the world by storm with their

unprecedented tap show that combines

the strength and power of male work-

men with the precision and talent of tap

dancing. February 12th until 17th at

Lisbon Casino Ocean Auditorium in Lis-

bon. Tickets: €30 to €35.

APRIL 2008

RAW WrestleMania Revenge - It's

here! World Wrestling Entertainment®

storms back to Portugal with RAW®

WrestleMania® Revenge Tour at

Pavilhão Atlântico in Lisbon on April

19th from 8pm.

Tickets: €25 to €85.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

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22 NOV-28 NOV

1 Shoot 'Em Up
Clive Owen, Monica Bellucci
(15.45 except Sat & Sun) 19.55-22.00 (00.10 Fri & Sat)
Happily N'Ever After
Animation PV
(11.25-15.45 Sat & Sun) 13.35-17.50

2 Hot Fuzz
Simon Pegg, Nick Frost
13.20-16.00-18.40-21.15 (23.55 Fri & Sat)
Ratatouille
Animation PV
(10.50 Sat & Sun)

3 Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
(12.40 Sat & Sun) 14.55-17.10-19.25-21.40 (00.00 Fri & Sat)

4 American Gangster
Denzel Washington, Russell Crowe
14.30-17.45-21.00 (00.15 Fri & Sat)

5 Beowulf - Animation
(11.15 Sat & Sun) 13.45-16.20-18.55-21.30 (23.30 Fri & Sat)

6 Until Death
Jean-Claude Van Damme, Stephen Rea
14.10-16.30-18.50-21.10 (23.30 Fri & Sat)

The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
(11.50 Sat & Sun)

7 30 Days of Night
Josh Hartnett, Melissa George
16.40-21.50 (00.20 Sat)

The Invasion
Nicole Kidman, Daniel Craig
14.40-19.15 (00.20 Fri)

8 Le Scaphandre et le Papillon
Mathieu Amalric e Emmanuelle Seigner
13.40-18.45

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
16.10-21.20

Rush Hour 3
Jackie Chan, Chris Tucker
23.50

9 Corrupção
Nicola Breyner, Rita Blanco
14.40-17.05-19.30-21.55 (00.25 Fri & Sat)

Shark Bait - Animation PV
(10.40-12.35 Sat & Sun)

CASTELLO LOPES CINEMAS PORTIMÃO
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22 NOV-28 NOV

1 Beowulf
Animation
14.10-16.30-19.05-21.30-00.00

2 American Gangster
Denzel Washington, Russell Crowe
14.00-17.00-21.20

The Invasion
Nicole Kidman, Daniel Craig
00.30

3 The Invasion
Nicole Kidman, Daniel Craig
14.20-16.40-18.55-21.10

American Gangster
Denzel Washington, Russell Crowe
23.40

4 Corrupção
Nicola Breyner, Rita Blanco
13.40-15.40-17.45-19.50-21.50-00.10

5 Happily N'Ever After
Animation
13.50-15.50-17.55-20.00

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
22.00-00.20

6 Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
13.30-15.30-17.35-19.40-21.40-23.50

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
22 NOV-28 NOV

1 Corrupção
Nicola Breyner, Rita Blanco
13.50-16.20-19.05-21.35

American Gangster
Denzel Washington, Russell Crowe
23.50

2 Beowulf - Animation
13.30-16.10-18.50-21.30-00.05

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
13.20-16.00-18.30-21.00-23.30

4 Happily N'Ever After
Animation
13.00-15.05-17.10-19.15

30 Days of Night
Josh Hartnett, Melissa George
21.25-23.55

5 Rush Hour 3
Jackie Chan, Chris Tucker
14.00-16.40-19.10-21.15-23.45

Shoot 'Em Up
Clive Owen, Monica Bellucci
13.25-16.15-18.40-21.10-23.40

7 American Gangster
Denzel Washington, Russell Crowe
13.40-17.00-21.20

Corrupção
Nicola Breyner, Rita Blanco
00.20

8 Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
13.10-15.20-17.30-19.40-21.50-00.00

9 War
Jet Li, Jason Statham
13.35-16.30-19.00-21.40-00.10

LUSOMUNDO VILAMOURA
TEL: 289 302 277
22 NOV-28 NOV

Beowulf
Animation
15.30-18.30-21.30

CENTRE

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22 NOV-28 NOV

Corrupção
Nicola Breyner, Rita Blanco
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman

American Gangster
Denzel Washington, Russell Crowe

Beowulf
Animation

Meet the Robinsons
Animation PV 3D

Happily N'Ever After
Animation

War
Jet Li, Jason Statham

Shoot 'Em Up
Clive Owen, Monica Bellucci

Resident Evil: Extinction
Milla Jovovich, Oded Fehr

The Invasion
Nicole Kidman, Daniel Craig

30 Days of Night
Josh Hartnett, Melissa George

Odette Toulemonde
Catherine Frot, Albert Dupontel

Knocked Up
Seth Rogen, Katherine Heigl

The Brave One
Jodie Foster, Terrence Howard
Until Death
Jean-Claude Van Damme, Stephen Rea

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Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman

Shoot 'Em Up
Clive Owen, Monica Bellucci

American Gangster
Denzel Washington, Russell Crowe

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Hot Fuzz
Simon Pegg, Nick Frost

Beowulf
Animation

Don't Come Knocking
Sam Shepard, Eva Marie Saint

Corrupção
Nicola Breyner, Rita Blanco

Happily N'Ever After
Animation

The Brave One
Jodie Foster, Terrence Howard

Delirious
Steve Buscemi, Michael Pitt

Nomad
Kuno Becker, Jay Hernandez

Michou d'Auber
Gérard Depardieu, Nathalie Baye

Saawariya
Ranbir Kapoor, Sonam Kapoor

LUSOMUNDO AMOREIRAS
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Beowulf
Animation

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

American Gangster
Denzel Washington, Russell Crowe

Michou d'Auber
Gérard Depardieu, Nathalie Baye

Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman

Happily N'Ever After
Animation

Corrupção
Nicola Breyner, Rita Blanco

Don't Come Knocking
Sam Shepard, Eva Marie Saint

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22 NOV-28 NOV

Beowulf
Animation

Meet the Robinsons
Animation PV

Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman

Happily N'Ever After
Animation

War
Jet Li, Jason Statham

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

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Jean-Claude Van Damme, Stephen Rea

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Seth Rogen, Katherine Heigl

Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman

American Gangster
Denzel Washington, Russell Crowe

Shoot 'Em Up
Clive Owen, Monica Bellucci
Hot Fuzz
Simon Pegg, Nick Frost
Corrupção
Nicola Breyner, Rita Blanco
Happily N'Ever After
Animation
30 Days of Night
Josh Hartnett, Melissa George
Beowulf - Animation

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22 NOV-28 NOV

Happily N'Ever After
Animation PV

Corrupção
Nicola Breyner, Rita Blanco

The Invisible
Justin Chatwin, Margarita Levieva

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Beowulf - Animation
War

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22 NOV-28 NOV

The Heartbreak Kid
Ben Stiller, Michelle Monaghan

Rescue Dawn
Christian Bale, Steve Zahn

Fados - Documentary
Knocked Up
Seth Rogen, Katherine Heigl

Corrupção
Nicola Breyner, Rita Blanco

Happily N'Ever After - Animation
30 Days of Night
Josh Hartnett, Melissa George

Shoot 'Em Up
Clive Owen, Monica Bellucci

The Invasion
Nicole Kidman, Daniel Craig

Delirious
Steve Buscemi, Michael Pitt

Tiempo de Valientes
Diego Peretti, Luis Luque

American Gangster
Denzel Washington, Russell Crowe

The Kingdom
Jamie Foxx, Jennifer Garner

The Brave One
Jodie Foster, Terrence Howard

Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Don't Come Knocking
Sam Shepard, Eva Marie Saint

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American Gangster
Denzel Washington, Russell Crowe

Shoot 'Em Up
Clive Owen, Monica Bellucci

Happily N'Ever After
Animation

Resident Evil: Extinction
Milla Jovovich, Oded Fehr

Corrupção
Nicola Breyner, Rita Blanco

Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman

The Heartbreak Kid
Ben Stiller, Michelle Monaghan

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

30 Days of Night
Josh Hartnett, Melissa George

The Brave One
Jodie Foster, Terrence Howard

The Invasion
Nicole Kidman, Daniel Craig

Knocked Up
Seth Rogen, Katherine Heigl

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22 NOV-28 NOV

American Gangster
Denzel Washington, Russell Crowe

Beowulf - Animation
Meet the Robinsons
Animation PV 3D
Happily N'Ever After - Animation
The Invasion
Nicole Kidman, Daniel Craig
Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
Corrupção
Nicola Breyner, Rita Blanco
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

LUSOMUNDO ODIVELAS PARQUE
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22 NOV-28 NOV

Beowulf - Animation
War - Jet Li, Jason Statham
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

American Gangster
Denzel Washington, Russell Crowe

Corrupção
Nicola Breyner, Rita Blanco

Happily N'Ever After - Animation
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Domino
Keira Knightley, Mickey Rourke

Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman

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22 NOV-28 NOV

Odette Toulemonde
Catherine Frot, Albert Dupontel

Knocked Up
Seth Rogen, Katherine Heigl

Beowulf - Animation
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Happily N'Ever After
Animation

30 Days of Night
Josh Hartnett, Melissa George

American Gangster
Denzel Washington, Russell Crowe

The Invasion
Nicole Kidman, Daniel Craig

Corrupção
Nicola Breyner, Rita Blanco

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22 NOV-28 NOV

American Gangster
Denzel Washington, Russell Crowe

Meet the Robinsons
Animation PV 3D Digital

Beowulf - Animation
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

The Invasion
Nicole Kidman, Daniel Craig

Happily N'Ever After - Animation
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Corrupção
Nicola Breyner, Rita Blanco

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Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman

Fados - Documentary
Knocked Up
Seth Rogen, Katherine Heigl

The Brave One
Jodie Foster, Terrence Howard

Rush Hour 3
Jackie Chan, Chris Tucker

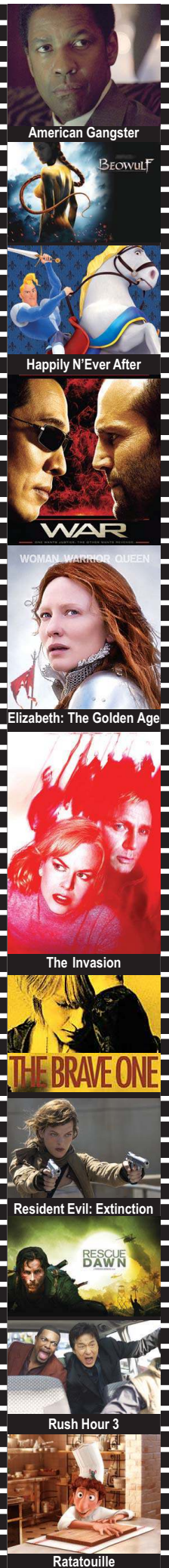
Beowulf - Animation
American Gangster
Denzel Washington, Russell Crowe

Meet the Robinsons - Animation
Happily N'Ever After - Animation
War - Jet Li, Jason Statham

Corrupção
Nicola Breyner, Rita Blanco

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Odette Toulemonde
Catherine Frot, Albert Dupontel



A gritty, fast-paced action thriller, *Shoot 'Em Up* kicks into high gear with a memorable opening scene and never re-lents.

Director and screenwriter Michael Davis's stylish and inventive set pieces, and tongue-in-cheek humour make for fun, fast entertainment.

Clive Owen stars as Mr. Smith, a mysterious loner who teams up with an unlikely ally

(Monica Bellucci) to protect a newborn baby from a determined criminal (Paul Giamatti) who hunts them throughout the bowels of the city.

Davis hails from the same school of thought as fellow directors Quentin Tarantino and Robert Rodriguez. Like those filmmakers, Davis doesn't take the medium too seriously, as he pays homage to action classics and peppers the film with

playful dialogue and setpieces. This film might not be the standard choice for an Oscar-nominated actor such as Giamatti, but he's clearly enjoying his role as the bad guy, and it's just as much fun for the audience. With *Shoot 'Em Up*, Davis has crafted a movie full of jaw-dropping action sequences sure to please fans of high-energy films from directors such as John Woo.



YOU HAVE TO BELIEVE IT TO SEE IT.



Welcome to Mr. Magorium's Wonder Emporium, the strangest, most fantastic, most wonderful toy store in the world. It's a tantalizing toy haven in which everything inside literally comes to life, including the store itself, and where marvels of every imaginable, possible kind, and beyond, never cease ... that is until now.

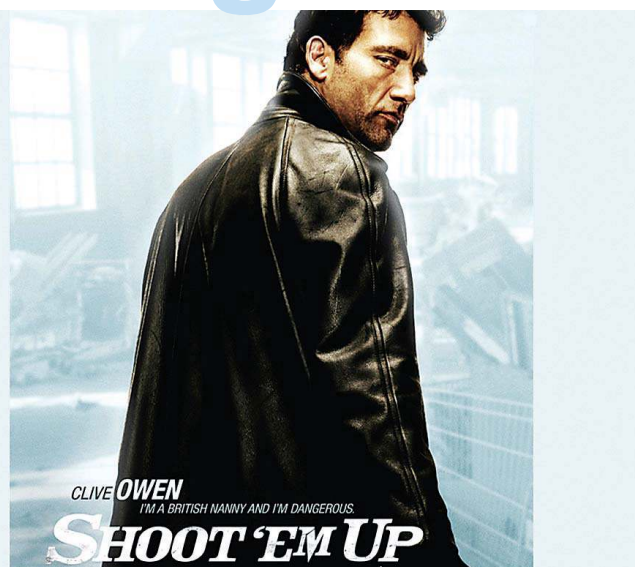
When Mr. Magorium, the store's extraordinary 243 year-old proprietor (Dustin Hoffman), announces that he will at long last hand over the reins of his wonder-expanding store to his unconfident young man-



ager, Molly Mahoney (Natalie Portman), the store decides to

throw an unusual tantrum.

As a sceptical accountant named Henry (Jason Bateman) comes in to audit the Legos and Lincoln Logs, not to mention the Whodathoughts and Whatchamacallits, the once sparkling, colour-saturated Emporium is suddenly embattled by mysterious changes. The playful toys are still there, but they've turned grey and quiet - and only Mahoney and Henry can revive them if, with the help of a superdexterous 9 year old (Zach Mills), they can find the source of magic inside themselves.



Hot Fuzz is the action-packed new comedy from the makers of the hit movie *Shaun of the Dead*. With the same razor-sharp combination of humour and attention to detail they used to breathe new life into the undead, Simon Pegg and Edgar Wright have set their sights on Action Movies for their next uniquely funny vision.



Nicholas Angel (Simon Pegg) is the finest cop London has to offer, with an arrest record 400% higher than any other officer on the force. He's so good,

he makes everyone else look bad. As a result, Angel's superiors send him to a place where his talents won't be quite so embarrassing, the sleepy and

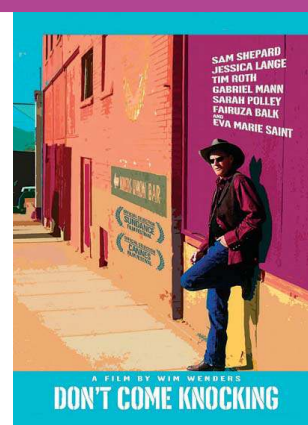
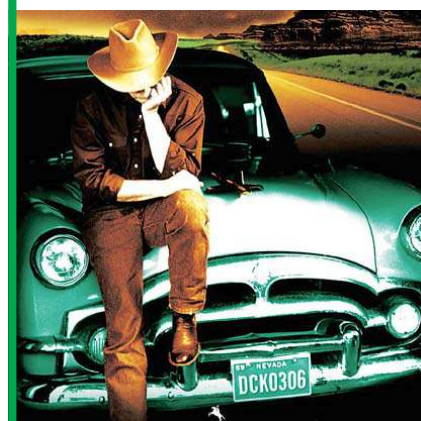
seemingly crime-free village of Sandford.

Once there, he is partnered with the well-meaning but over-eager police officer Danny Butterman (Nick Frost). The son of amiable Police Chief Frank Butterman (Jim Broadbent), Danny is a huge action movie fan and believes his new big-city partner might just be a real-life "bad boy," and his chance to experience the life of gunfights and car chases he so longs for. Angel is quick to dismiss this as childish fantasy and Danny's puppy-like enthusiasm only adds to Angel's growing frustration. However, as a series of grisly accidents rocks the village, Angel is convinced that Sandford is not what it seems and as the intrigue deepens, Danny's dreams of explosive, high-octane, car-chasing, gunfighting, all-out action seem more and more like a reality.

It's time for these small-town cops to break out some big-city justice.

In 1984, writer Sam Shepard and director Wim Wenders teamed up for the indie hit *Paris, Texas*, a story about family and identity, set in the American West, that won the Golden Palm at the Cannes Film Festival. More than twenty years later, they're back together again for *Don't Come Knocking*, a highly entertaining journey that examines the similar topics, with equally inspiring results.

Once a big Western movie star, Howard Spence (Sam



Shepard) now drowns his disgust for his selfish and failed life with alcohol, drugs and young women. If he were to die now, nobody would shed a tear over him, that's the sad truth. Until one day Howard learns that he might have a child somewhere out there. The very idea seems like a ray of hope that his life wasn't all in vain. So he sets out to find that young man or woman. He discovers an entire life that he has missed.

Celeb News

Matt Damon has topped a new poll to be named the *Sexiest Man Alive*. *The Bourne Ultimatum* star, 37, beat *Grey's Anatomy* hunk **Patrick Dempsey**, who is nicknamed Doctor McDreamy on the hit medical series, and *Blade: Trinity* actor **Ryan Reynolds** to the top position on the annual *People* magazine hotlist. The title will be a welcome accolade for Damon, he recently revealed it has been his longtime ambition to beat pal **George Clooney**, a frequent entrant in such surveys, to the coveted number one spot. But married Damon, who became a first-time father earlier this year, remains coy about his win. He tells *People*, "You've given an aging suburban dad the ego-boost of a lifetime." The magazine cites Damon's "irresistible sense of humour," "rock solid family man" and "heart-melting humility" for landing him the title. The top 10 *Sexiest Men* are as follows: 1. **Matt Damon**; 2. **Patrick Dempsey**; 3. **Ryan Reynolds**; 4. **Brad Pitt**; 5. **James McAvoy**; 6. **Johnny Depp**; 7. **Dave Annable**; 8. **Will Smith**; 9. **Javier Bardem**; 10. **Shemar Moore**. «»»» **Natalie Portman** has topped a new style list, beating best pals **Drew Barrymore** and **Cameron Diaz**. The *Closer* actress has been named number one on the *InStyle* magazine Style 20. Portman topped the list because "she exhibits unwavering faith in the cut and quality of a great dress." The top 10 is: 1. **Natalie Portman**; 2. **Drew Barrymore**; 3. **Cameron Diaz**; 4. **Penelope Cruz**; 5. **Jennifer Lopez**; 6. **Anne Hathaway**; 7. **Cate Blanchett**; 8. **Sienna Miller**; 9. **Helen Mirren**; 10. **Joy Bryant**. «»»» Actress **Naomi Watts** has been lined up to appear in *The Da Vinci Code* prequel alongside **Tom Hanks**. *The Ring* star will play the female lead in the **Ron Howard**-directed *Angels & Demons*, reports New York gossip column *PageSix*. But filming on the movie has been postponed until February, as a direct result of the Hollywood writer's strike. Sources claim Oscar-winning screenwriter **Akiva Goldsman**'s script still needs work, and he is on strike with his Writers Guild of America brethren. The film bosses have also put the movie's release date back from the end of 2008 to 2009. «»»» Two movies starring **Johnny Depp** and **Penelope Cruz** have become the latest casualties of the Hollywood writers' strike. Depp was due to have started filming director **Mira Nair**'s *Shantaram* in February, but the production start date has now been called off. And Cruz was to have teamed up with reported boyfriend **Javier Bardem**, **Sophia Loren**, **Marion Cotillard** and director **Rob Marshall** for *Nine*, which has had its start date postponed from March. Members of the Writers Guild Of America (WGA) began their industrial action on November 5 after failing to negotiate a better financial deal for royalties from DVD and internet sales with producers and movie executives. «»»» **Jackie Chan** disclosed that he and his *Rush Hour* director **Brett Ratner** are setting up a Chinese-based film company that will make films for release to the American market. Writing in his blog, Chan said that the company has been named the Chan Ratner Company. "The whole idea of this company is for China and America to cooperate so I can make American films in China and Brett can act as my consultant," he said. The three *Rush Hour* movies have earned \$507 million thus far. «»»» The Kodak Theater in Hollywood, which hosts the annual Oscar awards telecast, will become the permanent home for a movies-related **Cirque du Soleil** production costing \$100 million. *Cirque* founder Guy Laliberté announced. At a press conference Laliberté said that the show, currently untitled, will focus on Hollywood history. Three hundred sixty-eight performances are scheduled each year, to run from March through January. The production will take a hiatus in February for the Oscars. «»»»

NORTH

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22 NOV-28 NOV



Shoot 'Em Up
Clive Owen, Monica Bellucci
Happily N'Ever After
Animation
Resident Evil: Extinction
Milla Jovovich, Oded Fehr
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Rush Hour 3
Jackie Chan, Chris Tucker
The Brave One
Jodie Foster, Terrence Howard
Evening
Meryl Streep, Glenn Close
Nomad
Kuno Becker, Jay Hernandez
War
Jet Li, Jason Statham
30 Days of Night
Josh Hartnett, Melissa George
The Invasion
Nicole Kidman, Daniel Craig
Knocked Up
Seth Rogen, Katherine Heigl
Corrupção
Nicolau Breyner, Rita Blanco
Until Death
Jean-Claude Van Damme, Stephen Rea
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Blind Dating
Chris Pine, Eddie Kaye Thomas
American Gangster
Denzel Washington, Russell Crowe
Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
Delirious
Steve Buscemi, Michael Pitt
Ratatouille
Animation PV
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Tiempo de Valientes
Diego Peretti, Luis Luque
Domino
Keira Knightley, Mickey Rourke
Hot Fuzz
Simon Pegg, Nick Frost

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Shoot 'Em Up
Clive Owen, Monica Bellucci
Beowulf
Animation
Sicko
Documentary
American Gangster
Denzel Washington, Russell Crowe
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Brave One
Jodie Foster, Terrence Howard
Corrupção
Nicolau Breyner, Rita Blanco
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Happily N'Ever After
Animation PV
Evening
Meryl Streep, Glenn Close
Odette Toulemonde
Catherine Frot, Albert Dupontel

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Beowulf
Animation
The Invasion
Nicole Kidman, Daniel Craig
American Gangster
Denzel Washington, Russell Crowe
Happily N'Ever After
Animation
The Brave One
Jodie Foster, Terrence Howard

Corrupção
Nicolau Breyner, Rita Blanco
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Rescue Dawn
Christian Bale, Steve Zahn

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22 NOV-28 NOV

American Gangster
Denzel Washington, Russell Crowe
Hot Fuzz
Simon Pegg, Nick Frost
Meet the Robinsons
Animation 3D
Happily N'Ever After
Animation
The Invasion
Nicole Kidman, Daniel Craig
Beowulf
Animation
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Sicko
Documentary
Knocked Up
Seth Rogen, Katherine Heigl

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Happily N'Ever After
Animation
Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Beowulf
Animation 3D
Meet the Robinsons
Animation PV Digital 3D
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicolau Breyner, Rita Blanco
The Invasion
Nicole Kidman, Daniel Craig
Domino
Keira Knightley, Mickey Rourke

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22 NOV-28 NOV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Rescue Dawn
Christian Bale, Steve Zahn
Corrupção
Nicolau Breyner, Rita Blanco
Odette Toulemonde
Catherine Frot, Albert Dupontel
The Kingdom
Jamie Foxx, Jennifer Garner
American Gangster
Denzel Washington, Russell Crowe
Sicko
Documentary
Beowulf
Animation

LUSOMUNDO
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22 NOV-28 NOV

War
Jet Li, Jason Statham
The Invasion
Nicole Kidman, Daniel Craig
Knocked Up
Seth Rogen, Katherine Heigl
Beowulf
Animation 3D
Corrupção
Nicolau Breyner, Rita Blanco
Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
Blind Dating
Chris Pine, Eddie Kaye Thomas

OV = English Version
PV = Portuguese Version



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22 NOV-28 NOV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
American Gangster
Denzel Washington, Russell Crowe
Knocked Up
Seth Rogen, Katherine Heigl
Corrupção
Nicolau Breyner, Rita Blanco
Beowulf
Animation
War
Jet Li, Jason Statham

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22 NOV-28 NOV

War
Jet Li, Jason Statham
Domino
Keira Knightley, Mickey Rourke
Shrek the Third
Animation
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

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22 NOV-28 NOV

Corrupção
Nicolau Breyner, Rita Blanco
Beowulf
Animation 3D
Meet the Robinsons
Animation PV 3D
American Gangster
Denzel Washington, Russell Crowe
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
War
Jet Li, Jason Statham

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22 NOV-28 NOV

Happily N'Ever After
Animation
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
American Gangster
Denzel Washington, Russell Crowe
Corrupção
Nicolau Breyner, Rita Blanco
Rush Hour 3
Jackie Chan, Chris Tucker
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Beowulf
Animation
Shoot 'Em Up
Clive Owen, Monica Bellucci
Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
Odette Toulemonde
Catherine Frot, Albert Dupontel

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22 NOV-28 NOV

Blind Dating
Chris Pine, Eddie Kaye Thomas
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Beowulf
Animation 3D
Happily N'Ever After
Animation
War
Jet Li, Jason Statham
Corrupção
Nicolau Breyner, Rita Blanco
Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
30 Days of Night
Josh Hartnett, Melissa George

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American Gangster
Denzel Washington, Russell Crowe
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Corrupção
Nicolau Breyner, Rita Blanco
Happily N'Ever After
Animation
Domino
Keira Knightley, Mickey Rourke
Beowulf
Animation

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22 NOV-28 NOV

The Brave One
Jodie Foster, Terrence Howard
Corrupção
Nicolau Breyner, Rita Blanco
American Gangster
Denzel Washington, Russell Crowe
Happily N'Ever After
Animation
Rush Hour 3
Jackie Chan, Chris Tucker
Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
Until Death
Jean-Claude Van Damme, Stephen Rea
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Beowulf
Animation 3D

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22 NOV-28 NOV

Rush Hour 3
Jackie Chan, Chris Tucker
American Gangster
Denzel Washington, Russell Crowe
30 Days of Night
Josh Hartnett, Melissa George
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Blind Dating
Chris Pine, Eddie Kaye Thomas
Happily N'Ever After
Animation
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Bratz
Logan Browning, Janel Parrish
The Invasion
Nicole Kidman, Daniel Craig
Shoot 'Em Up
Clive Owen, Monica Bellucci
Mr. Magorium's Wonder Emporium
Natalie Portman, Dustin Hoffman
Beowulf
Animation
Sicko
Documentary
War
Jet Li, Jason Statham



OV = Original Version
PV = Portuguese Version

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Rachel's Favourite Food for Living. (T) 12.00 BBC News: Weather. (T) 12.10 Football Focus. (T) 1.00 Racing from Haydock Park and Ascot. Live coverage of six races. (T) 2.30 Live International Rugby Union. Wales v South Africa (Kick-off 2.45pm). (T) 4.45 Final Score.

5.20 Out-Take TV. Anne Robinson presents a selection of celebrity blunders, revealing some of Eamonn Holmes, Jeremy Clarkson and Brian Connelly's most embarrassing moments. (T)

5.50 BBC News: Regional News; Weather. (T) 6.10 Strictly Come Dancing. Pro-celebrity contest. The result can be seen tomorrow at 6.50pm. (T)

7.15 Robin Hood. Marian surprises everyone with her new energy and recklessness as she adapts to life as an outlaw. Meanwhile, an assassin infiltrates the gang and tries to steal the Pact of Nottingham. (T)

8.00 The National Lottery: Who Dares Wins. Nick Knowles presents the game show in which two pairs of strangers team up, each battling to outdo the other by listing as much as they know about a given subject. In tonight's show, an office administrator and a medical representative pit their wits against last week's winners, hoping to net #50,000. Jenni Falconer presents the all-important Lotto, Dream Number and Thunderball draws. (T)

8.50 Casualty. Former Coronation Street star Charles Dale joins the cast as grumpy new hospital porter Big Mac. Ruth, Jeff and Dixie treat the victim of an assault and are stunned when a man claiming to be his brother pulls the wires from his life support machine. Charlie cancels plans with Louis to attend an important meeting with Harry - but ends up regretting it when his son goes missing after a school fire. (T)

9.40 The Omid Djalili Show. The award-winning comedian showcases sketches that take a swipe at life in a multi-cultural society, including Pride and Racial Prejudice. Alison Steadman guest stars. (T)

10.10 BBC News: Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker introduces highlights of this afternoon's Premier League games, including Newcastle United v Liverpool at St James' Park, as Rafael Benitez's side look to keep up with Arsenal at the top of the table with their fifth away win of the season. Plus, action from Bolton Wanderers against Manchester United at the Reebok Stadium and Chelsea's visit to relegation-threatened Derby County. (T)

11.50 FILM: Octane (2003). Premiere. Offbeat horror, starring Madeleine Stowe. (T)

1.15 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.20 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Teletubbies. (R) (T) 6.45 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 Dennis the Menace. (R) (T) 7.45 Watch My Chops. (R) (T) 8.00 Hider in the House. (R) (T) 9.00 TMi; (T) Diddy Dick & Dom. (R) (T) 10.30 Stupid. (R) (T) 10.55 The Story of Tracy Beaker. (R) (T) 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (T) 12.45 What the Victorians Did for Us. (T) 12.50 FILM: Vera Cruz (1954). Western, starring Gary Cooper. (T) 2.20 Film 20s07 with Jonathan Ross. (R) (T) 2.55 FILM: The Journey of Natty Gann (1985). Disney adventure, starring John Cusack. (T) 4.30 BBC Switch: Falcon Beach. (T) 5.15 BBC Switch: Sound. (T) 5.45 Heroes Unmasked. (R) (T) 6.00 What the Papers Say. (T) 6.10 Paul Merton's Silent Clowns. (T) 7.10 The Culture Show. With Kenneth Branagh and Ray Davies. (T) 8.00 Coast. The team travel from Muckle Flugga in Shetland to Orkney, where Neil Oliver attempts to climb the Old Man of Hoy and Alice Roberts examines a mysterious skeleton. (R) (T) 9.00 Have I Got a Bit More News for You. Special extended version with host Ann Widdecombe. (T) 9.40 The Company. New drama series exploring the dark side of the CIA. Alfred Molina stars. (T) 11.15 The Tudors. A papal envoy arrives to discuss the annulment of Henry's marriage. (R) (T) 12.10 FILM: The King of Comedy (1983). Black comedy, starring Robert De Niro. (T) 1.55 The Culture Show. (R) 2.45 FILM: Kandahar (2001). Drama, starring Nelofer Pazira. 4.10 Close.

Pick of the Day

Match of the Day (BBC1, 10.30pm)

Matches between Newcastle United and Liverpool have often been special occasions. The two 4-3 games at Anfield in the mid-1990s are talked about as being among the greatest games ever played in the Premier League, but are we likely to witness a repeat performance at St James' Park this weekend? Given the defensive tendencies of Rafael Benitez, the answer would probably be no, but as someone once famously said football's a funny old game', so another classic shouldn't be ruled out. Sam Allardyce's side had a credible defensive record at home until Portsmouth paid them a visit and blitzed them with three goals inside the opening 15 minutes, and the visitors will no doubt take heart from that as they search for their fifth away win of the season. With Arsenal, Liverpool and Manchester United all drawing recently, Chelsea have gained ground and find themselves back in with a shout of the title. Avram Grant will expect his side to pick up another three points when they visit Derby County at Pride Park and it will be one of the shocks of the season if anything but an away win is the result.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: One Tree Hill. (T) 9.50 T4: Friends. (R) (T) 10.20 T4: Friends. (R) (T) 10.55 T4: MobileAct Unsigned. (R) (T) 11.55 T4: Transmission. (R) (T) 12.30 T4: Friends. (R) (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from Huntingdon and Lingfield Park. Including the 3.30 tetsports.com Peterborough Chase (2m 4 1/2). (T) 4.10 Location, Location, Location. (R) (T) 4.40 Time Team. (R) (T) 5.35 Codex. (T) 6.25 Channel 4 News. (T) 7.15 Deal or No Deal. Noel Edmonds hosts the game show in which contestants try to guess the values of mystery boxes. (T) 8.00 This Is Civilisation. New four-part series in which artist and critic Matthew Collings examines a selection of the greatest artistic moments and monuments of history to reveal how they have shaped the world. (T) 9.00 FILM: Along Came a Spider (2001). A youngster is kidnapped from a private school by one of her teachers, prompting a race against time to find her. Nail-biting thriller, starring Morgan Freeman and Monica Potter. (T) 10.55 Frost and Pegg's Perfect Night In. (R) (T) 1.00 4Music: 4Play: Electrelane. (T) 1.15 4Music: Doubletake Drama. Errol forces Warren to reveal a disturbing truth. (R) (T) 1.50 FILM: Mask (1985). Fact-based drama, starring Cherry. (T) 3.50 King of the Hill. (T) 4.15 Monster Garage. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Hi-5. (R) (T) 7.30 Sailor Sid. (R) (T) 7.35 Peppa Pig. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.50 The Beeps. (T) 8.10 Harry and His Bucket Full of Dinosaurs. (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 Built for the Kill. (R) (T) 11.30 FILM: Baby Geniuses 2 (2004). Comedy sequel, starring Jon Voight. (T) 1.15 FILM: The Captive Heart (1946). War-time drama, starring Michael Redgrave. (bw) 3.10 FILM: Columbo: An Exercise in Fatality (1974). Crime drama, starring Peter Falk. (T) 5.10 FILM: North by Northwest (1959). Hitchcock thriller, starring Cary Grant. 7.35 five news and sport. (T) 7.50 NCIS. Ziva's tactics are called into question when a prisoner dies while in her custody. Elsewhere, the suspect's brother kidnaps Jenny and demands his sibling's release. (R) (T) 8.45 NCIS. Part one of two. Gibbs' life hangs in the balance after an explosion on a ship puts him in a coma, during which he has flashbacks of the painful past he has always kept hidden. (R) (T) 9.40 CSI: Crime Scene Investigation. Grissom pulls Greg off an investigation into a shooting when it becomes clear that the case involves the brother of a man he killed in self-defence just months ago. (R) (T) 10.40 Law & Order: Special Victims Unit. (T) 11.40 Criminal Minds. (R) (T) 12.40 Quiz Call. 5.05 Nick's Quest. (R) (T) 5.30 Nick's Quest. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Horrid Henry. (T) 9.40 Emu. (T) 9.55 Super normal. (T) 10.10 Tricky TV. (T) 10.40 Skyland. (T) 11.10 My Parents Are Aliens. (R) (T) 11.40 Bernard. (R) (T) 11.55 The Amazing Adrenalin Brothers. (R) (T) 12.15 Saturday Cooks! (T) 1.45 ITV News and Weather. (T) 1.55 London Today; Weather. (T) 2.00 Grand Slam of Darts. Matt Smith presents live coverage of the semi-finals. (T)

5.10 London Today; Weather. (T) 5.25 ITV News and Weather. (T) 5.40 Funniest Ever You've Been Framed! Featuring beautiful babies, dotly dogs and holiday hiccups. Narrated by Harry Hill. (T)

6.40 The X Factor. It's week six of the award-winning talent show and there are six acts left, all vying for the chance to follow previous winners Leona Lewis and Shayne Ward to the top of the charts and beyond. As ever, they'll each perform a song on a common theme, and the judges will no doubt engage in a few little catfights - perhaps even water fights - while passing on their comments. But then it's over to the audience, as host Dermot O'Leary opens the phone lines for the viewers to pick their favourite. The results are at 8.40pm. (T)

7.55 All Star Family Fortunes. Former England rugby star Kyran Bracken and Emmerdale actress Sammy Winward's families battle it out against each other as Vernon Kay hosts the celebrity game show. The stars hope to win a prize of up to #30,000 to donate to the charity of their choice. (T)

8.40 The X Factor - The Results. The viewers' verdict is announced and the two acts with the fewest votes sing again, hoping to win a reprieve from mentors Simon Cowell, Louis Walsh, Sharon Osbourne and Dannii Minogue. The judges decide who will be leaving the contest and reveal their decision to host Dermot O'Leary at the end of the programme. (T)

9.15 I'm a Celebrity Get Me Out of Here! Ant and Dec present the celebrity challenge, as another famous face leaves the Australian jungle, while the others remain for more tough daily tasks and dreaded Bushtucker Trials. (T)

10.45 ITV News and Weather; Weather. (T) 10.55 Parkinson. The veteran broadcaster continues the final series of the chat show with a special edition looking back at the musical highlights of its 36-year run - including a look at the first-ever episode and an insight into how its famous theme tune was composed. With special performances by Annie Lennox, Jamie Cullum and Joe Cocker, plus an exclusive duet by Rod Stewart and Michael Buble. (T)

12.10 Make Your Play; (T) ITV News Headlines. 4.10 ITV Nightscreen.

LOCAL

RTP1
0800 Bom dia Sábado 1300 News 1715 Dennis The Menace, film 1905 O Preço Certo 2000 News 2100 A Voz do Cidadão 2100 Football: Portugal v Arménia 2345 Lethal Weapon 4, film 0145 Pacific Heights, film 0330 A Hora da Sorte 0415 Teleseles

RTP2
0700 Euronews 1000 Africa 7 Dias 1030 Notícias de Portugal 1130 Pálcio: Rodrigo Leao, João, Xaile 1250 Bastidores 1315 The Simpsons 1335 Entre Pratos 1400 National Geographic 1500 Sport 1900 Gente da Cidade 1930 A Princesa Mononoke 2145 A Hora da Sorte 2200 News 2240 Anything Else, film Sogni D'Oro, films 0200 Sport 0600 Euro News

SIC
0700 Sic Kids 0845 Disney Kids 1200 Our World 1300 News 1400 Extase 1700 Film TBA 1800 Film TBA 2000 News 2215 Paraíso Tropical 2330 Vingança 0115 007 - Live And Let Die, film 0245 Amazônia 0330 Quando o Telefone Toca

TVI
0700 Chidlen TV 0900 Morangos com Açúcar 1045 O Bando dos Quatro 1215 DeLuxe 1300 News 1400 Os Escolhidos 1600 Film TBA1800 Film 2000 News 0115 For Your Eyes Only, film 0530 Teleseles

Best of the Rest

BBC3
7.00 Football Gaffes Galore Out-Takes 7.05 The Real Hustle 7.35 Mind, Body & Kick Ass Moves 8.05 Top Gear 9.10 Little Britain 9.40 Film: Hard Rain 1.15 (1998) 11.10 Two Pints of Lager and a Packet of Crisps 11.40 Two Pints of Lager and a Packet of Crisps 12.10 Comedy Shuffle 12.40 Tittybangbang 1.10 The Real Hustle 1.40 Mind, Body & Kick Ass Moves 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Two Pints of Lager and a Packet of Crisps 3.05 Comedy Shuffle 3.35 Tittybangbang 4.05 Close

BBC4
7.00 The Diary of a Nobody 7.10 A Perfect Spy 8.05 A Perfect Spy 9.00 Lead Balloon 9.30 More Dawn French's Boys Who Do Comedy 10.00 Brasil, Brasil 11.00 City of Men 11.00 Film: Behind the Sun 12 (2001) 1.00 The Martians and Us 2.00 The Martians and Us 4.00 Close

ITV2
3.30 Holiday Showdown 4.00 Holiday Airport: Sydney 5.00 All Star Family Fortunes 5.45 Streetmate 6.45 Australian Princess 7.45 Movies Now 7.55 The Xtra Factor 8.40 Celebrity Friends: Gone Bad 9.10 Movies Now 9.30 The Xtra Factor Results 10.15 The Planet's Funniest Animals 10.45 I'm a Celebrity Get Me Out of Here Now! 11.50 The X Factor 1.05 The X Factor - The Results 1.40 The Xtra Factor Results 2.25 Celebrity Friends: Gone Bad 2.50 Emmerdale 6.00 Close

Sky One

1.00 Malcolm in the Middle 1.30 Malcolm in the Middle 2.00 Futurama 2.30 Futurama 3.00 Futurama 3.30 Futurama 4.00 Futurama 4.30 Cirque de Celebrite 6.00 A Town Called Eureka 7.00 Stargate Atlantis 8.00 The Simpsons 8.30 Futurama 9.00 Ross Kemp on Gangs 10.00 Nothing But the Truth 11.00 British Sex 12.00 Street Wars 1.00 Dom Joly's Happy Hour 1.50 Road Wars 2.40 Street Wars 3.30 Pop Years 4.20 Full Force Nature 5.10 Guilty!

UKTV Gold
1.20 Doctor Who 2.15 Film: Carry On Matron PG (1972) 4.00 My Family 4.40 My Family 5.20 Doctor Who 6.20 My Hero 7.00 My Hero 7.40 My Family 8.20 My Family 9.00 Jonathan Creek 10.20 Film: Good Morning, Vietnam 15 (1987) 12.45 I'm Alan Partridge 1.25 I'm Alan Partridge 2.05 Yes, Prime Minister 2.35 Yes, Prime Minister 3.10 Last of the Summer Wine 3.45 2point4 Children 4.15 Dallas 5.05 Dallas TCM

1.00 Brass Target PG (1978) 3.00 The Year of Living Dangerously PG (1982) 5.10 They Died with Their Boots On U (1942) 8.00 Off Set 9.00 BestLecture 15 (1988) 10.40 Get Carter 18 (1971) 12.35 Off Set 1.00 Teleshopping 1.25 Ride Him, Cowboy U (1932) 2.25 Friendly Persuasion U (1956) 5.00 Captain Nemo and the Underwater City U (1969)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Get a Clue U (2002) Children's adventure, starring Lindsay Lohan.

MOVIES

Sky Movies Drama

6.30 Anna's Dream PG (2002) 8.00 Marilyn and Me PG (1991) 9.35 The Starter Wife 11.05 Anna's Dream PG (2002) With Lindsay Marie Felton. 12.35 Marilyn and Me PG (1991) With Susan Griffiths. 2.10 The Da Vinci Code 12 (2006) With Tom Hanks. 4.40 Dark Water 15 (2005) With Jennifer Connolly. 6.30 The Starter Wife 8.00 The Da Vinci Code 12 (2006) With Tom Hanks. 10.30 Suicide Kings 15 (1997) With Christopher Walken. 12.20 Dark Water 15 (2005) With Jennifer Connolly. 2.10 Noises Off 15 (1992) With Michael Caine. 3.55 The Robber Bride 15 (2007) 5.30 Marilyn and Me PG (1991)

Sky Movies Comedy

6.20 His and Her Christmas PG (2005) 7.50 The Brady Bunch in the White House 12 (2002) 9.35 The Man 12 (2005) 11.05 One Fine Day PG (1996) With George Clooney. 1.00 The Wedding Singer 12 (1998) With Adam Sandler. 2.45 Date Movie 12 (2006) With Alyson Hannigan. 4.15 Sky High PG (2005) With Kurt Russell. 6.00 One Fine Day PG (1996) With George Clooney. 8.00 The Wedding Singer 12 (1998) With Adam Sandler. 10.00 Date Movie 12 (2006) With Alyson Hannigan. 11.30 She's Having a Baby 15

(1988) With Kevin Bacon. 1.30 Sky High PG (2005) With Kurt Russell. 3.10 The Man 12 (2005) 4.40 Something New PG (2006)

Sky Movies Action

6.10 King Kong 12 (2005) 9.25 Inside Man 15 (2006) 11.40 Rush Hour 12 (1998) With Jackie Chan. 1.35 The Dukes of Hazzard 12 (2005) With Seann William Scott. 3.35 Inside Man 15 (2006) With Denzel Washington. 5.50 King Kong 12 (2005) With Naomi Watts. 9.00 Conspiracy Theory 15 (1997) With Mel Gibson. 11.20 Rush Hour 12 (1998) With Jackie Chan. 1.05 Basic Instinct 2 18 (2006) With Sharon Stone. 3.05 Back in Business 18 (1997) 4.45 Too Close to Home PG (1997)

(R)-repeatprogramme;

(T)-programmewithtele-

textsubtitles;

(S)-programmebroad-

castinstereo;

(bw)-blackandwhite.

SPORT

Sky Sports 1

6.00 Live World Cup Golf. The third day of the team event at Mission Hills Golf Club in China. 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Newcastle United v Liverpool (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Preston North End v Charlton Athletic (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Champions League Weekly 3.15 Sky Sports Classics 3.30 Live World Cup Golf. The fourth day of the team event at Mission Hills Golf Club in China.

Sky Sports 2

6.00 Live Test Cricket. India v Pakistan. 11.30 Hutton v Mayweather 24/7 12.00 Friday Fight Night 2.00 Hutton v Mayweather 24/7 2.30 Live Rugby Union. Leeds Carnegie v Leicester Tigers (Kick-off 2.45pm). 5.00 Test Cricket 7.00 Golf Night 8.30 Live Golf Night. The Skins Game. 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 Test Cricket 4.00 Live Test Cricket. India v Pakistan. Plus, interactive coverage of South Africa v New Zealand.

Sky Sports 3

6.00 Live A1 Grand Prix. The Malaysian Grand Prix qualifying session. 8.00 Champions League Weekly 8.30 European Tour Golf 11.00 Racing News 11.30 Rally World 12.00 World Cup Golf 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Rugby Union

9.30 Max Power 10.30 NFL: Playbook 11.30 Golf Night 1.00 Golf Night 3.30 Rally World 4.00 Spanish Football 5.30 Rally World

British Eurosport

7.30 Eurosport Buzz 8.00 French Rugby 8.30 Luge 9.30 Live Cross-Country Skiing. World Cup coverage from Beitostolen, Norway. 10.45 Luge 11.30 Live Cross-Country Skiing. World Cup coverage from Beitostolen, Norway. 12.45 International Football 1.45 euroCRASH! 2.00 Live French Rugby. Biarritz v Toulouse (Kick-off 2.00pm). 3.40 euroCRASH! 4.00 Cross-Country Skiing 5.00 Live Alpine Skiing. The World Cup meeting in Panorama, Canada. 6.00 Eurosport Buzz 8.30 Live Alpine Skiing. World Cup coverage from Lake Louise. 8.00 Live Alpine Skiing. Further coverage from Panorama. 9.00 WATTS 9.30 Timbersports Series 10.00 Live Luge. World Cup coverage from Calgary. 11.00 News Report 11.15 Luge 11.30 Live Luge. World Cup coverage from Calgary. 12.30 News Report 12.45 WATTS 1.00 Close

Sky Sports Xtra

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Rugby Union 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 NFL: Total Access 2.00 Max Power 3.00 A1 Grand Prix 5.00 NFL: Total Access 6.00 A1 Grand Prix 8.00 Champions League Weekly 8.30 Live Spanish Football. A La Liga match. 11.00 Test Cricket 1.00 Spanish Football 2.30 Rugby Union 4.00 Max Power 5.00 NFL: Playbook



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BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Antinfilite. (T) 12.00 The Politics Show. (T) 1.00 Alle Alle! (R) 1.35 Diagnosis Murder. (R) (T) 2.25 EastEnders. (T) 4.15 Points of View. (T) 4.30 Robin Hood. (R) (T)

5.15 Songs of Praise. From Edinburgh's Greyfriars. Sally Magnusson meets two local women to discuss the city's partnership with Zambia aimed at helping to overcome the problem of Aids in the African country. (T)

5.50 Cranford. Judi Dench stars in an adaptation of three Elizabeth Gaskell novels. (R) (T)

6.50 Strictly Come Dancing. Sugababes perform their new single Change and two couples face a dance-off as they try to prove their worth to the judges after falling short in last night's public vote. (T)

7.35 BBC News: Regional News; Weather. (T) 8.00 Antiques Roadshow. Michael Aspel and the team visit Exmouth on the Devon coast and uncover some valuable finds. They hear the heart-breaking story behind a collection of native Canadian embroidery and appraise a toy that once belonged to Pride and Prejudice author Jane Austen. (T)

9.00 Cranford. The town's residents prepare for Lady Ludlow's garden party, but the occasion is marred by rumours the railway line will come right into Cranford, leaving Deborah feeling betrayed. Dr Harrison's plans to become better acquainted with Sophy are thwarted by Caroline Tomkinson and Clara Smith. Mr Carter takes pity on an illiterate 10-year-old and Matty is stunned to see a face from her past. Judi Dench, Michael Gambon and Eileen Atkins star. (T)

10.00 BBC News; Weather. (T)

10.15 The Blair Years. Tony Blair and George W Bush speak candidly about their decision to go to war with Iraq. They reveal their motivations and the events that prompted them to overthrow Saddam Hussein's regime. Blair speaks of his diplomatic isolation from the international community and the backlash he suffered within his own country and from within his own government. Despite the opposition, he tells of his steadfast resolve in the belief that the war in Iraq is "a visceral, profound struggle between what is right and what is wrong". (T)

11.20 BBC One Sessions: David Gray. The Manchester-born singer-songwriter performs a selection of his hits from St Luke's in London, including Babylon, This Year's Love and The Other Side. (T) Weatherview. (T)

12.10 Sign Zone: Watchdog. (R) (T) 12.40 Sign Zone: No Plan, No Peace - The Inside Story of Iraq's Descent into Chaos. (R) (T) 1.40 Sign Zone: Holy City. (R) (T) 2.40 Sign Zone: The Nature of Britain. (R) (T) 3.30 Sign Zone: Take on the Takeaway. (R) (T) 4.00 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Teletubbies. (R) (T) 6.45 Step Inside. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 Pinky and the Brain. (R) (T) 7.45 Even Stevens. (R) (T) 8.05 The Basil Brush Show. (R) (T) 8.30 Smart. (T) 9.30 Hedz. (T) 10.00 Something for the Weekend. (T) 11.30 FILM: The Big Sky (1952). Action adventure, starring Kirk Douglas. (T) (bw) 1.30 Racing from Aintree. Live coverage of three races. (T) 3.05 FILM: Mr Hobbs Takes a Vacation (1962). Family comedy, starring James Stewart. (T) 5.00 Flog It! (T) 5.30 Shark Therapy. (R) (T) 6.00 Earth: The Power of the Planet. (R) (T) 7.00 Britain's Most Wanted: This World. The fallout of the poisoning of Alexander Litvinenko. (T) 8.00 Top Gear. The team celebrate 40 years of British Leyland by attempting to boost the car manufacturer's reputation. And Jennifer Saunders is the Star in a Reasonably Priced Car. (T) 9.00 Long Way Down. Charley Boorman and Ewan McGregor spot wild zebras in Kenya, get up close with gorillas in Rwanda and spend an emotional day at a site for former child soldiers in northern Uganda. (T) 10.00 Match of the Day 2. Highlights of West Ham United v Tottenham Hotspur. (T) 10.50 Graham Norton Uncut. With Dukes of Hazzard actress Catherine Bach. (T) 11.35 Heroes. Hiro makes a chilling discovery about the future. (R) (T) 12.20 FILM: A Night at the Opera (1935). Classic Marx Brothers comedy. (T) (bw) 1.50 BBC News 24. (T) 4.00 Close.

Pick of the Day

The South Bank Show (ITV1 Granada, 10.45pm)
Melynn Bragg's long-running arts series has, in recent years, been criticised for focusing on people who, perhaps, didn't deserve to be profiled. However, few would argue against this week's subject, Annie Lennox has spent almost 30 years as one of the world's leading recording artists. She first burst onto the scene in the 1970s as the frontwoman of The Tourists, but really hit the big time when she and Dave Stewart quit the band and formed Eurythmics. Their partnership became internationally acclaimed, producing hit after hit. However, by the 1990s, things had turned sour between the duo, and they went their separate ways. Lennox's first solo album, Diva, was hugely acclaimed. Since then, she's released three more, the latest being this year's Songs of Mass Destruction. She's sold almost 80 million records across the globe, had 33 hit singles, and won four Grammys, 11 Brits, five Ivor Novello's, two Golden Globes and an Oscar. Here, she discusses her life and career, from her sheltered upbringing in Aberdeen to the present day, as a dedicated activist and single mum of two teenage daughters.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 World Cup Skiing. 9.00 T4: Hollyoaks. (T) 11.30 T4: MobileAct Unsigned. (T) 12.30 T4: Mika: Video Exclusive. 12.35 T4: Justin Timberlake FutureSex/LoveShow. (T) 2.35 T4: Ugly Betty. (R) (T) 3.35 T4: The Simpsons. (R) (T) 4.10 FILM: Annie (1982). Lavish musical, starring Albert Finney. (T) 6.30 Scrapheap Challenge. (T) 7.30 Channel 4 News. (T) 8.00 Willie Diamond: A Personal Portrait of Kylie Minogue. During the Australian leg of her 2005 Showgirl tour, Aussie pop princess Kylie was diagnosed with breast cancer. This intimate and emotional portrait follows her on the road to recovery and the subsequent resurrection of her Showgirl tour in 2007. Filmed by close friend and stylist Will Baker, it offers a candid view of a difficult period in the life of the pop superstar, including the breakdown of her relationship with actor Olivier Martinez and a post-stage collapse due to a respiratory tract infection. It also captures the star's elation when her Showgirl tour takes her back home to Australia and draws a line under that chapter of her life. 10.15 FILM: Clueless (1995). A rich high school student uses all her charm and financial clout to boost a new pupil's popularity, but reckons without affairs of the heart getting in the way. Comedy, starring Alicia Silverstone. (T) 12.05 UK Poker Tour. 1.05 FILM: A Throw of Dice (1929). Silent drama, starring Seeta Devi. (bw) 2.40 FILM: The Banger Sisters (2002). Comedy, with Goldie Hawn and Susan Sarandon. (T) 4.25 MobileAct Unsigned. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 My First. (R) (T) 6.30 Thomas & Friends. (R) (T) 6.40 Angels of Jarm. (T) 6.50 Peppa Pig. (R) (T) 7.00 Hi-5. (R) (T) 7.30 Hana's Helpline. (R) (T) 7.40 The Beeps. (T) 7.55 Harry and His Bucket Full of Dinosaurs. (T) 8.05 Harry and His Bucket Full of Dinosaurs. (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 Hannah Montana. (T) 10.30 Hannah Montana. (T) 11.00 8 Simple Rules. (T) 11.30 Beyond the Break. (T) 12.00 FILM: Columbo: A Deadly State of Mind (1975). Crime drama, starring Peter Falk. (T) 1.30 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 2.40 Wild Events. (R) (T) 4.50 FILM: Hell Boats (1970). World War Two drama starring James Franciscus. (T) 6.40 five news and sport. (T) 7.00 FILM: Men in Black (1997). Smash-hit sci-fi adventure following alien-busting heroes Will Smith and Tommy Lee Jones as they try to eliminate a space-hopping assassin determined to thwart universal peace. 9.00 FILM: XXX2: The Next Level (2005). Premiere. Action sequel, starring Ice Cube as a tough agent out to stop a military organisation who have designs on overthrowing the US government. With Samuel L Jackson and Willm Dafoe. 10.50 Disorderly Conduct. (R) (T) 12.00 Nature Born Racers. (T) 12.35 X Games. 1.20 NFL Live. New England Patriots v Philadelphia Eagles. 4.50 Motorsport Mundial. 5.10 V8 Supercars. (S)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Championship. (T) 10.20 CITV: Art Attack. (R) (T) 10.40 Finger Tips. (R) (T) 11.00 Jim Jam & Sunny. (T) 11.15 Jim Jam & Sunny. (T) 11.30 Poozyo. 11.40 Planet Sketch. (T) 11.50 ITV News and Weather. (T) 11.55 London Today: Weather. (T) 12.00 FILM: Bratty Babies (2001). Premiere. Family adventure, starring Harry Hamlin. 1.40 The X Factor. (R) (T) 2.55 The X Factor - The Results. (R) (T) 3.30 Grand Slam of Darts. Matt Smith presents live coverage of the final. (T)

6.00 The Unforgettable Frankie Howerd. Homage to the outrageous and much-missed comedian whose throwaway one-liners and catchphrases hid the troubled soul of a man who always wanted to be a serious actor. (R) (T)

6.25 London Tonight: Weather. (T)

6.40 ITV News and Weather. (T)

7.00 Emmerdale. After finding a negative pregnancy test in the bin Percy decides to leave Gray to be with Matthew. Jasmine meets with Miles to convince him to fight Nicola. (T)

7.30 Coronation Street. Fizz and Kevin trail their respective other halves in a bid to catch them out. David subtly informs Becky that Sarah and Jason's relationship is rocky and Norris proposes to Doreen. (T)

8.00 Heartbeat. When armed robbers hold up the night mail train, Joe is forced to work with old adversary DI Ludlow (David Calder) to catch the perpetrators. However, Ludlow's unwillingness to include the local police in the investigation leads Joe to believe he may be hiding something. Elsewhere, Peggy is excited to learn she has been left a legacy by a relation of her late husband. Eric Sykes makes a guest appearance. (T)

9.00 I'm a Celebrity Get Me Out of Here! Ant and Dec present the celebrity challenge, as the famous faces say farewell to another one of their number. (T)

10.30 ITV News and Weather. Weather. (T)

10.45 The South Bank Show. Melynn Bragg profiles Annie Lennox, whose career has spanned over 25 years. The programme joins the singer and her band as they rehearse for a live performance, and Annie talks to Melynn about her sheltered upbringing in Aberdeen and how writing music saw her through her marriage breakup. Plus an insight into her fourth solo album Songs of Mass Destruction, which lends her voice to how she feels about the world and the human race. (T)

11.45 Motorsport UK. Louise Goodman presents action from the final rounds of the Formula Renault UK Championship at Thruxton. Commentary by John Hindhaugh and Simon Hill, with reports from Nick Daman. (T)

12.15 FILM: Election (1999). Comedy, starring Matt Broderick. (T) ITV News Headlines. 2.05 Quinny ME. (R) (T) 2.50 The Jeremy Kyle Show. (R) (T) 3.45 ITV Nightscreen.

LOCAL

RTP1
0630 Fátima, 90 Anos de Fé 1300 News 1400 Só Visto 1430 Top + 1500 Perdições 1600 The Last of the Mohicans, film 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Gato Fedorento 2230 Conta-me Como 2245 Captain Corelli's Mandolin, film 0300 The Big Store, film 0400 Teleales 0605 Nôs

RTP2
0700 Euronews 0730 Músicas de África 0830 África@global 0900 Caminhos 0930 70x7 1000 Nôs 1100 Indisciplina 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 The Simpsons 1330 Bombordo 1400 Discovery Hour 1900 Arte & Emoção 1930 Diga lá Excelência 2030 The Simpsons 2100 Entre Pratos 2130 A Alma e Gente 2200 News 2240 Cãmara Clara 2330 Britcom 0030 Onda Curta 0130 Parlamento 0200 A Alma e a Gente 0230 Euronews 0245 Sport 0600 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fátima 1300 News 1400 Film TBA 1530 Film TBA 1800 Film TBA 2000 News 2145 Família Superstar 0100 Hora H 0145 Film TBA 0345 Quando o Telefone Toca

TVI
0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Oitavo Dia 1300 News 1410 Top + 1530 Ciclismo: Tour de Frande 1630 Film TBA 1845 O Preço Certo 1945 A Voz do Cidadão 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 O Escritório 0400 Film TBA 0500 Teleales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 All New House of Tiny Tearaways 9.00 Don't Tell the Bride 10.00 Tittybangbang 10.30 The Mighty Boosh 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Two Pints of Lager and a Packet of Crisps 12.00 Touch Me, I'm Karen Taylor 12.30 Don't Tell the Bride 1.25 Tittybangbang 1.55 The Mighty Boosh 2.25 Two Pints of Lager and a Packet of Crisps 2.55 Two Pints of Lager and a Packet of Crisps 3.20 Touch Me, I'm Karen Taylor 3.50 All New House of Tiny Tearaways 4.50 Close

BBC4
7.00 Film: Help! U (1965) 8.30 The Sky at Night 9.00 A Comet's Tale 10.00 The Secret Life of the Motorway 11.00 Fanny Hill 12.00 The Late Edition 12.30 The History of the World Backwards 1.00 A Comet's Tale 2.00 The Sky at Night 2.30 The Secret Life of the Motorway 3.30 The Late Edition 4.00 Close

ITV2
3.15 Film: Space Jam U (1996) 4.50 Coronation Street 7.10 The X Factor 8.25 The X Factor - The Results 9.00 Katie & Peter: Unleashed 10.00 Coronation Street 10.30 I'm a Celebrity Get Me Out of Here Now! 11.30 Katy Brand's Big Ass Show 12.00 The X Factor 1.15 The X Factor - The Results 2.00 The Xtra Factor Results 2.45 The Black Donnellys 3.45 Teleshopping 5.45 ITV2 Nightscreen 6.00 Close

Sky One
1.00 Vroom Vroom 2.00 Project Runway 3.00 Variety Club Showbiz Awards 4.00 Malcolm

in the Middle 4.30 Cirque - Backstage at the Big Top 5.00 The Simpsons 5.30 The Simpsons 6.00 Are You Smarter Than a 10 Year Old? 7.00 The Simpsons 7.30 Cirque de Celebrite 9.00 Bones 10.00 Film: Saturday Night Fever 15 (1977) 12.15 American Gangster Special 1.45 Rock Star Families 2.15 Don Joly's Happy Hour 2.40 Buffy the Vampire Slayer 3.30 Vroom Vroom 4.20 Brainiac: Science Abuse 5.10 Guilty! **UKTV Gold**
1.00 Blackadder II 1.40 Porridge 2.20 Open All Hours 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 Only Fools and Horses 5.00 Only Fools and Horses 6.20 Only Fools and Horses 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Dalziel & Pascoe 11.00 Porridge 11.40 Open All Hours 12.20 I'm Alan Partridge 1.00 I'm Alan Partridge 1.40 Blackadder II 2.15 Dalziel & Pascoe 3.55 Dallas 4.45 Dallas 5.35 Neighbours

TCM
1.00 Betrayed U (1954) 3.00 Singin' in the Rain U (1952) 4.55 Arsenic and Old Lace PG (1944) 7.05 The Wheeler Dealers U (1963) 9.00 Magnum Force 18 (1973) 11.20 Tommy 15 (1975) 1.25 The Man Who Laughs 15 (1966) 3.05 Teleshopping 3.20 Singin' in the Rain U (1952) 5.00 Brass Target PG (1978)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Her Best Move PG (2007) Comedy, starring Leah Pipes.

MOVIES

Sky Movies Drama
7.05 The Babe PG (1992) 9.05 The Starter Wife 10.50 Drama Close Up 11.20 Up Close and Personal 15 (1996) With Michelle Pfeiffer. 1.30 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 3.40 The Babe PG (1992) With John Goodman. 5.45 Drama Close Up 6.15 The Starter Wife 8.00 Up Close and Personal 15 (1996) With Michelle Pfeiffer. 10.05 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 12.15 The Portrait of a Lady 12 (1996) With Nicole Kidman. 2.50 On a Clear Day 12 (2005) With Peter Mullan. 4.35 Miss Lettie and Me U (2002)

Sky Movies Comedy
6.20 Woo 15 (1998) 7.50 Sixty Six 12 (2006) 9.30 Pretty in Pink 15 (1986) 11.10 Bean PG (1997) With Rowan Atkinson. 12.40 Sixty Six 12 (2006) With Gregg Sulkin. 2.20 Mrs Doubtfire PG (1993) With Robin Williams. 4.30 Scrooged PG (1988) With



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SPORT

Sky Sports 1
6.00 Live World Cup Golf. The fourth day of the team event at Mission Hills Golf Club in China. 8.30 Football First 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. West Ham United v Tottenham Hotspur (Kick-off 1.30pm). 3.30 Live Super Sunday. Fulham v Blackburn Rovers (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 A1 Grand Prix 4.00 Live Test Cricket. India v Pakistan.

Sky Sports 2
6.00 Live Test Cricket. India v Pakistan. Plus, interactive coverage of South Africa v New Zealand. 11.30 Live International Cricket. South Africa v New Zealand. 4.00 A1 Grand Prix 6.00 WWE: Experience 7.00 Golf Night 8.30 Live Golf Night. The Skins Game. 11.00 WWE: Late Night - Afterburn 12.00 WWE: Heat 1.00 International Cricket 3.00 Race World 4.00 Close

Sky Sports 3
6.00 Live A1 Grand Prix. The Malaysian Grand Prix. 8.30 European Tour Golf 11.00 Racing News 11.30 World Sport 12.00 World Cup Golf 5.00 Powerboating 5.30 NFL: Who Is? 6.00 Live NFL. Carolina Panthers v New Orleans Saints (Kick-off 6.00pm). 9.00 Live NFL. Chicago Bears v Denver

British Eurosport
7.30 Eurosport Buzz 8.00 Luge 8.30 Cross-Country Skiing 9.30 Live Cross-Country Skiing. World Cup coverage from Beitostolen, Norway. 10.30 Ski Jumping 11.00 Alpine Skiing 11.45 Live Cross-Country Skiing. World Cup coverage from Beitostolen, Norway. 1.30 Cross-Country Skiing 2.30 Ski Jumping 3.00 Live Futsal. Coverage of the European Championship third-place play-off. 4.30 Alpine Skiing 5.00 Live Futsal. Coverage of the European Championship final. 6.30 Live Alpine Skiing. World Cup coverage from Lake Louise. 8.00 Live Alpine Skiing. The World Cup meeting in Panorama, Canada. 8.45 Winterpark Weekend 9.15 French Rugby 9.45 Karting 10.45 World Touring Car Championship 11.15 Wrestling 12.00 Winterpark Weekend 12.30 Close

Sky Sports Xtra
6.00 U Can Do It 6.05 You're on Sky Sports! 7.00 Spanish Football 8.30 Powerboating 9.00 NFL: Playbook 10.00 NFL: Total Access 11.00 Wild Sports 11.30 Powerboating 12.00 WWE: Afterburn 1.00 WWE: Heat 2.00 NFL: Total Access 3.00 Race World 4.00 British Ice Hockey 6.00 International Cricket 8.00 A1 Grand Prix 10.00 International Cricket 12.00 Golf Night 1.30 Golf Night 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 What's Really in Our Food? (T) 10.00 Escape to the Country. (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (T) 3.50 The Secret Show. (R) (T) 4.00 Animalia; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.35 Lizzie McGuire. (R) (T) 5.00 The Sarah Jane Adventures. (T) 5.25 Newsround. (T)

5.35 Neighbours. Richard reveals he's living on borrowed time but still refuses to admit any wrong-doing even when Declan makes an unexpected offer. Steph's first day as a councillor doesn't go as planned and Susan returns from Brisbane with a passion for golf. Pepper receives some worrying news about her health. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Helicopter Heroes. The Yorkshire Air Ambulance team treat a racing driver after he suffers a heart attack, and attempt to save a man who has collapsed on remote cliffs. Richard Hammond presents. (T) (S)

8.00 EastEnders. Ian takes great pleasure in revealing Steven's secret, but the smile is soon wiped off his face. Kevin's concern prompts him to make Deano a rash promise after seeing his horrific injuries. Ronnie and Roxy come up with a name for the club and start recruiting staff, and Billy becomes tetchy working two jobs. (T)

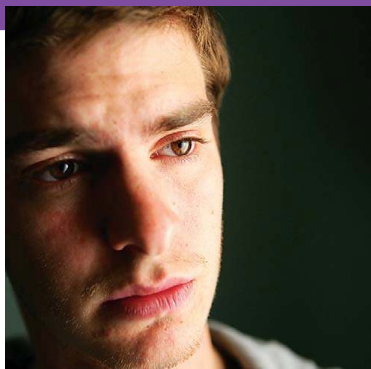
8.30 Monarchy: The Royal Family at Work. New series. A candid insight into the Queen's duties over the course of a year, opening with Palace preparations for a state visit to the US to mark the 400th anniversary of the Jamestown landings in Virginia. A reception for British-based Americans is also organised, and a private dinner for prominent US expats at Buckingham Palace, along with the now-controversial photo session with Annie Leibovitz. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)

10.35 Live at the Apollo. Comedienne Jo Brand hosts the stand-up show from the Hammersmith Apollo, introducing special guest Michael McIntyre. Topics discussed include Simon Cowell and football referees. (T)

11.20 Inside Sport. Weekly round-up, presented by Gabby Logan, featuring interviews, features and reaction to all the latest headlines. (T)

12.00 FILM: Impostor (2002). Sci-fi drama, starring Gary Sinise. (T) Weatherwise. 1.35 Sign Zone: Run on the Bank. Northern Crook. (R) (T) 2.05 Sign Zone: Countryside: The Summer Diaries. (R) (T) 3.05 Sign Zone: No Plan, No Peace - The Inside Story of Iraq's Descent into Chaos. (R) (T) 3.55 Sign Zone: Take on the Takeaway. (R) (T) 4.25 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) LazyTown's Mini Workouts. (R) (T) 7.00 CBBC: Yvon of the Yukon. (R) (T) 7.25 Newsround. (T) 7.30 Whizz Whizz Bang Bang. (R) (T) 7.55 Clutter Nutters. (R) (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (R) (T) 9.20 Pingu. (R) 9.30 Jakers! (R) (T) 9.55 Mr Tumble. (R) (T) 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: Around Scotland. (T) 10.50 BBC Primary History. (T) 11.10 BBC Primary Geography. (T) 11.30 Hands Up! (T) 11.45 Watch. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: KS2 Science Clips. (T) 1.10 KS2 Science Clips. (T) 1.20 Emotional Literacy. (T) 1.30 Around the World in 80 Treasures. (R) (T) 2.00 Animal Park: Wild in Africa. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Wildlife on Two. The intelligence of dolphins. (R) (T) 7.30 Mastermind. Subjects include the Adrian Mole novels by Sue Townsend. (T) 8.00 University Challenge. The University of Birmingham take on Magdalen College, Oxford. (T) 8.30 Nigella Express. The cook gives retro recipes the express treatment. (T) 9.00 Dragons' Den. A company hoping to market Caribbean ready-meals. (T) 10.00 Have I Got News for You. With Alex James and Jimmy Carr. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 London Calling: Inside the BBC World Service. BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone.

Pick of the Day

Boy A (C4, 9pm)

Jonathan Trigell's award-winning novel is brought to life in what promises to be an enthralling drama. The plot focuses on Jack, a 24-year-old man who, as a child, committed a terrible crime. He's spent much of his life in a variety of institutions because of it, but is now being released into the world for the first time as an adult. The authorities have given Jack a new name and arranged a fresh start, including the chance to build a career. Only his caseworker, Terry, knows the truth, while Jack himself is keen to start his life again and sets out to grasp his second chance with both hands. However, his efforts to make friends and fall in love are constantly hampered by the fact he can never tell anybody about himself and what he did all those years ago. "We are delighted to attract John Crowley to this project, who follows a raft of big screen directors to Channel 4, including Ken Loach, Michael Winterbottom and Peter Kosminsky," says producer Lynn Horsford. "And rising star Andrew Garfield gives an outstanding central performance as Jack in what is a very powerful, yet poetic piece of drama."

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.30 Teen Trouble; (T) 3 Minute Wonder. (R) (T) 10.30 Britain's Deadliest Addictions; (T) Quit. (R) (T) 11.00 The Unteachables; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 It's Me or the Dog. (R) (T) 1.00 How Clean Is Your House? (R) (T) 1.30 Small Railway Journeys. (R) (T) 1.45 FILM: The Trail to Hope Rose (2004). Drama, starring Lou Diamond Phillips. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Turner Prize 2007. New series. Turner Prize-nominated artist Mark Wallinger. (T) 8.00 Megatour. The story of a Romanian woman with an 11-stone tumour growing on her back, and the American surgeon who undertakes the dangerous task of removing it. (R) (T) 9.00 Boy A. Feature-length drama, starring Andrew Garfield. A young man who perpetrated an infamous crime in childhood is released from prison and must find his way in a world he doesn't understand. (T) 11.05 FILM: The Dead Poet (1988). Action thriller, starring Clint Eastwood. (T) 12.50 4Music: Foo Fighters: Live in Hollywood. (R) (T) 1.55 World Cup Skiing. 3.45 Supporting Acts. (R) (T) 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Angels of Jarm. (T) 6.45 Funky Valley. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Love Is a Four Letter Word (2007). Premier. Romantic drama, starring Teri Polo. (T) 3.20 five news update. (T) 3.30 FILM: Search and Rescue (1994). Action-packed adventure, starring Robert Conrad. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Human Guinea Pigs. The volunteers test the medical use of leeches; (T) 7.30 five news update. 8.00 The Gadget Show. The team test HD camcorders; (T) 8.00 five news at 9. 9.00 Street Crime Live. Gang culture in Birmingham. (T) 10.00 FILM: Blind Fury (1989). Action adventure about a blind Vietnam veteran who trains in the martial arts and uses his new-found skills to protect the son of a fellow soldier from mobsters. Rutger Hauer stars. (T) 11.45 FBI Files. (R) (T) 12.45 NBA 360. 1.30 NFL Live. Pittsburgh Steelers v Miami Dolphins (Kick-off 1.30am). 4.50 Race and Rally UK. 5.15 French Football - Le Championnat.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Chris Tarrant's Great Pretender. Game show in which the winner bags the prize money halfway through, then has to keep the other contestants guessing. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Perdy is shocked to discover Katie is pregnant and realises she has to stay with Gray for the sake of the baby, despite wanting to be with Matthew. Marion continues to be jealous of Donna's friendship with Ross and Jasmine tries to persuade Miles to stop drinking. (T)

7.30 Coronation Street. Carla is confronted by a woman who storms into the factory claiming to be Tony's wife and warning her to stay away from him. Rosie takes advantage of her hold over John, and Maria confesses to Audrey that she's pregnant. Elsewhere, Sean goes to great lengths to stay in Violet's good books. (T)

8.00 Don't Take My Baby: Tonight. (T)

8.30 Coronation Street. Sean's offer leaves Violet and Jamie at odds, while a new arrival on the Street keeps the men enthralled with tales of her party lifestyle in Ibiza. Carla confronts Tony about the accusations made against him, and Maria struggles to find the right moment to tell a distracted Liam about her pregnancy. (T)

9.00 I'm a Celebrity Get Me Out of Here! Ant and Dec present the latest jungle antics, before revealing the name of the next celebrity to be packing their bags and chatting to them about their ordeal at the end of the show. (T)

10.30 ITV News; Weather. (T)

11.05 FILM: Payback (1999). Thriller, starring Mel Gibson. (T)

12.55 Champions League Weekly. (T) 1.25 Make Your Play; (T) ITV News Headlines. 4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.



LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1415 Lingo 1530 Portugal no Coração 1800 Portugal em Directo 1900 Operação Triunfo 1900 O Preço Certo 1955 Direito de Antena 2000 Teleseas 2100 Notas Solitas 2130 Sabe mais do que um Múldo de 2010s 2230 Memphis Belle 0210 Bitter Moon, film 0400 Teleseas 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Todos Contra o Chris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportage, 2300 Roma 2345 Mundos 0030 notícias da 2 0115 Discovery Hour 0215 Diga lá Excelência 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews

SIC

0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magia 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganharé Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0130 Man With the Golden Gun, film 0315 Quando O Telefone Toca

TVI

0700 Diário da Manhã 1000 Você da TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhos 1800 Morangos com Açúcar - Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Douce Fugitiva 2315 Tu e Eu 0015 Desaparecido 0045 A Rede, film 0430 Que Loucura de Família VII 0500 Teleseas

Best of the Rest

BBC3

7.00 Sound 7.30 The Real Hustle 8.00 All New House of Tiny Tearaways 9.00 Little Britain 9.30 Tittybangbang 10.00 EastEnders 10.30 Can Fat Teens Hunt? 11.25 Tittybangbang 11.55 The Real Hustle 12.25 Filthy Rich and Homeless 1.20 Can Fat Teens Hunt? 2.20 All New House of Tiny Tearaways 3.15 Filthy Rich and Homeless 4.15 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 A Pembrokeshire Farm 8.00 A Comet's Tale 9.00 Parallel Worlds, Parallel Lives 10.00 Capturing Mary 11.40 Parallel Worlds, Parallel Lives 12.40 Parallel Worlds - A User's Guide 1.40 The Cinema Show 2.40 Parallel Worlds, Parallel Lives 3.40 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 Film: Maverick PG (1994) 10.30 I'm a Celebrity Get Me Out of Here Now! 11.30 Coronation Street 12.30 Katie & Peter: Unleashed 1.30 Film: The Mummy 12 (1999) 3.30 Teleshopping 6.00 Close

Sky One

1.00 Cruise with Stelios: Mediterranean 1.30 Lion Man 2.00 Bones 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Are You Smarter Than a 10

Year Old? 6.00 Futurama 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.30 The Simpsons 9.30 Road Wars 10.00 Prison Break 11.00 Journeyman 12.00 Star Trek: Voyager 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Mile High 4.20 Relic Hunter 5.10 Guilty!

UKTV Gold

1.00 The Thin Blue Line 1.40 My Family 2.20 dinnerdials 3.00 My Family 3.40 The Good Life 4.20 Keeping Up Appearances 5.00 dinnerdials 5.40 The Thin Blue Line 6.20 My Family 7.00 Sharpe 9.00 My Family 9.40 My Family 10.20 I'm Foot in the Grave 11.00 I'm Alan Partridge 11.40 I'm Alan Partridge 12.20 My Family 1.00 My Family 1.40 Prison Break 2.30 Wogan: Now and Then 3.20 The Afternoon Play 4.15 Wogan: Now and Then 5.10 Neighbours 5.35 Neighbours

TCM

1.00 Dinner at Eight U (1933) 3.00 Where Eagles Dare PG (1968) 5.40 The Rounders PG (1995) 7.10 The Liquidator PG (1965) 9.00 Bonnie and Clyde 18 (1967) 11.00 Lolita 15 (1962) 1.30 Teleshopping 2.00 The Rounders PG (1965) 3.25 The Last Run 15 (1971) 5.00 Alfred the Great PG (1969)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.15 The Clinic PG (2004) 7.50 Undercover Angel PG (1998) 9.25 The Starter Wife 11.00 Colombo Goes to the Guillotine PG (1989) With Peter Falk. 12.40 The Clinic PG (2004) With Jonathan Scarfe. 2.20 Brokeback Mountain 15 (2005) With Heath Ledger. 4.40 Colombo Goes to the Guillotine PG (1989) With Peter Falk. 6.20 The Starter Wife 8.00 Brokeback Mountain 15 (2005) With Heath Ledger. 10.15 Goal! 12 (2005) With Kuno Becker. 12.15 Broken Flowers 15 (2005) With Bill Murray. 2.15 The Doctor 15 (1981) With William Hurt. 4.30 Undercover Angel PG (1998)

Sky Movies Comedy

6.15 The Beautician and the Beast PG (1997) 8.10 The Most Fertile Man in Ireland 15 (2000) 9.50 Keeping Mum 15 (2005) 11.35 Premiere Close Up 12.05 The Beautician and the Beast PG (1997) With Fran Drescher. 2.00 Last Holiday 12 (2006) With Queen Latifah. 4.00 Comedy Close Up 4.30 The Most Fertile Man in Ireland 15 (2000) With Kris Marshall. 6.15 Picture Perfect PG (1997) With Jennifer Aniston. 8.00 Last Holiday 12 (2006) With Queen Latifah. 10.00 Beers! 12 (2006) With Erik Stolhanske. 12.00 Bull Durham 15 (1988) With Kevin Costner. 1.50

Surviving Christmas 12 (2004) With Ben Affleck. 3.25 This Year's Love 18 (1999) 5.15 Picture Perfect PG (1997)

Sky Movies Action

6.35 Volcano: Fire on the Mountain PG (1997) 8.10 Crimes of Passion: Sleepwalker 15 (1996) 9.50 Deep Impact 12 (1998) 11.55 The Black Dahlia 15 (2006) With Josh Hartnett. 2.00 Crimes of Passion: Sleepwalker 15 (1996) With Jeffrey Nordling. 3.35 Fearless 15 (2006) With Jet Li. 5.20 Breakdown 15 (1997) With Kurt Russell. 6.55 Deep Impact 12 (1998) With Robert Duvall. 9.00 The Black Dahlia 15 (2006) With Josh Hartnett. 11.05 Breakdown 15 (1997) With Kurt Russell. 12.45 Fearless 15 (2006) With Jet Li. 2.35 Foxy Brown 18 (1974) With Pam Grier. 4.20 Volcano: Fire on the Mountain PG (1997)

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Live Test Cricket. India v Pakistan. 11.30 Sky Sports Classics 12.00 Powerboating 12.30 Champions League Weekly 1.00 Football Special 2.30 Super Sunday: The Last Word 3.00 Spanish Football 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live. Leicester City v Cardiff City (Kick-off 7.45pm). 10.15 Big League Weekend 11.45 Soccer AM: The Best Bits 12.45 Champions League Weekly 1.15 Sky Sports Classics 1.30 Live NFL: Pittsburgh Steelers v Miami Dolphins (Kick-off 1.30am). 5.00 Close

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Super Sunday: The Last Word 11.00 Spanish Football 1.00 High Altitude 1.30 Powerboating 2.00 Golf Night 3.30 Golf Night 6.00 High Altitude 6.30 Airports World 7.00 NFL: Triple Header 10.00 Test Cricket 12.00 Show Jumping 2.00 World Motor Sport 4.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 High Altitude 7.00 WWE: Bottom Line 8.00 A1 Grand Prix 10.00 High Altitude 10.30 Powerboating 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL: Triple Header 3.00 Test Cricket

5.00 WWE: Raw 7.00 Test Cricket 9.00 High Altitude 9.30 Airports World 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Archery 8.00 Eurosport Buzz 8.30 Alpine Skiing 9.15 Alpine Skiing 10.00 Cross-Country Skiing 11.00 Cross-Country Skiing 12.00 Futsal 1.00 Cross-Country Skiing 2.00 Alpine Skiing 3.00 Alpine Skiing 4.00 Luge 4.30 Luge 5.00 Eurogoals 5.45 WATTS 6.00 French Rugby 6.30 Strongest Man 7.00 Eurosport Champions 7.30 euroCRASH! 7.45 Karting 8.45 World Rally Championship 9.45 World Touring Car Championship 11.15 Eurogoals 12.00 Eurosport Buzz 12.30 Close

Sky Sports Xtra

8.00 Golf Night 9.30 Golf Night 12.00 A1 Grand Prix 2.00 Show Jumping 4.00 High Altitude 4.30 Aerobics Oz Style 5.00 Airports World 5.30 Powerboating 6.00 Aerobics Oz Style 6.30 Wild Spirits 7.00 Show Jumping 9.00 World Motor Sport 11.30 High Altitude 12.00 Wild Spirits 12.30 Airports World 1.00 High Altitude 1.30 Wild Spirits 2.00 Powerboating 2.30 Close

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⁽²⁾ Installation costs £40 per hour and is not available in every area.

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BBC1

6.00 Breakfast. (T) 9.15 What's Really in Our Food? (T) 10.00 Escape to the Country; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrap. (T) 3.50 The Secret Show. (R) (T) 4.00 Animalia; (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.30 Prank Patrol. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Paul decides to investigate his flashbacks. (R) (T) BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 EastEnders. Darren insists on helping Kevin over their tracks with the stolen vehicle sold to PC Morris. Phil causes problems for Ronnie at the club and delivers bad news at the car lot. Billy is suffering criticism from Ian and begins to fear for the security of his job on the stall. Vinnie manages to capture Shirley's attention. (T)

8.00 Hobby City. Sam is unable to concentrate on work after his diagnosis, but he has to continue due to a staff shortage after a train crash. Mark too is overstretched on AAU, where his drug habit leads to paranoid accusations of terrorism. Meanwhile, Donna tries to casually ask Michael out on a date, although it is Jack who makes the connection, despite his learning of a patient's complaint and her affair with Lord Byrne. (T) Spooks. Terrorists hijack a live TV broadcast that would have heralded the signing of a new peace agreement with Iran, and Malcolm must try to disable the signal while allowing the infiltrators to believe they are still on air. As Adam and Ros try to diffuse the situation in the studio, a shot rings out leading to secrets and lies from all sides being revealed. (T)

10.00 BBC News at Ten O'Clock. (T) 10.25 Regional News; Weather. (T) 10.35 One Foot in the Grave. The Meldrews broaden their cultural horizons with a visit to the BBC in the company of a comatose window-cleaner they think is Mrs Warboys' cousin. Later Victor makes a fresh start with a new job - but soon blots his copybook with a characteristic outburst. Comedy, starring Richard Wilson. (R) (T) 11.05 Film 2007 with Jonathan Ross. Brad Pitt discusses his starring role in the new Western movie The Assassination of Jesse James by the Coward Robert Ford, directed by Andrew Dominik from the novel by Ron Hansen, for which he won the Best Actor award at the recent Venice Film Festival. (T)

11.35 FILM: Me Without You (2001). Premiere. Drama, starring Anna Friel. (T) Weatherview. (T) 1.25 Sign Zone. See Hear. (R) (T) 1.55 Sign Zone: Cranford. (R) (T) 2.55 Sign Zone: Great British Journeys. (R) (T) 3.55 Sign Zone: Take on the Takeaway. (R) (T) 4.25 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (T) 6.40 Boogie Beebies; (R) (T) LazyTown's Mini Workouts. (T) 7.00 CBBC: Yvon of the Yukon. (T) 7.25 Newsround. (T) 7.30 Whizz Whizz Bang Bang. (R) (T) 7.55 Clutter Nutters. (R) (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Pingu. (R) 9.30 Jakers! (R) (T) 9.55 Mr Tumble. (T) 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: Watch. (T) 10.45 Friends and Heroes. (T) 11.10 Meet the Ancestors. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Shakespeare: The Animated Tales. (R) (T) 1.30 Around the World in 80 Treasures. (R) (T) 2.00 Animal Park: Wild in Africa. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (R) (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Dragons' Den. A company hoping to market Caribbean ready-meals. (R) (T) 8.00 Oz and James's Big Wine Adventure. The duo tour the San Francisco Bay area. (T) 8.30 Heston Blumenthal: In Search of Perfection. The chef sets out to create the ultimate baked Alaska. (T) 9.00 Earth: The Power of the Planet. Dr Iain Stewart explores Earth's atmosphere. (T) 10.00 The 800 Million Pound Railway Station. Preparing to present St Pancras Station to the Press. (T) 10.30 Newsnight; Weather. (T) 11.20 Long Way Down. (R) (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

CSI: Miami (five, 9pm)

Horatio, the team and the Sunglasses of Justice investigate another case of homicide in the Florida sun. After five series of murder against the backdrop of Miami, one begins to wonder whether it'd be worth the risk of living in the city if the mortality rate was really so prolific. In this latest instalment, famous movie actor Brody Lassiter is found dead on a film set in the boot of a stunt car and no one can explain how he managed to get there. The investigation reveals that his demanding and self-absorbed nature led to the star making a number of enemies among those working on the film, but it is the discovery of a nightclub glow stick that gives the detectives their break. Lassiter, it becomes clear, had been in rehab and during the course of his stay had engaged in a fling with a fellow patient, the heroin-addicted up-and-coming Hollywood darling Holly Reese, who is soon pegged as the prime suspect. However, when intimate photos of the couple appear in the day's tabloids, it becomes clear that someone else with something to hide may have been trying to silence the actor.

C4

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.30 Booze: A Young Person's Guide; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Britain's Deadliest Addictions; (T) Quit. (R) (T) 11.00 The Unteachables; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 It's Me or the Dog. (R) (T) 1.00 How Clean Is Your House? (R) (T) 1.30 FILM: The Return of the Native (1994). Drama, starring Catherine Zeta-Jones. (T) 3.35 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Turner Prize 2007. The work of photographer Zarina Bhimji. (T) 8.00 Property Ladder. In Mansfield, two developers have no money for doing up a Victorian terraced house, while a Sixties property in Telford challenges with its position on a steep hill and outdated layout. (T) 9.00 Ramsay's Kitchen Nightmares. The Priory in Sussex, where only the location is idyllic. (T) 10.00 Sex in the 00s: Dear Deirdre. The Sun's agony aunt on the UK's current moral dilemmas. (T) 11.05 The Secret Millionaire. (R) (T) 12.05 UK Poker Tour. 1.05 Turbo Tennis. (R) 2.05 World Cup Skiing Nordic. 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Angels of Jarm. (T) 6.45 Funky Valley. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Sailor Sid. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.30 Monkey Life. (R) (T) 2.00 FILM: Ride Clear of Diablo (1954). Revenge Western, starring Audie Murphy. (T) 3.35 five news update. (T) 3.45 FILM: Mystery Woman: Oh Baby (2006). Premiere. Detective drama, starring Kellie Martin. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Chris Barrie's Massive Engines. The development of trains; (R) (T) 7.30 five news update. 8.00 Titanic's Final Moments: The True Story. Re-examining evidence about the disaster; (R) (T) 8.00 five news at 9. 9.00 CSI: Miami. Horatio and the team investigate the case of a movie star who died after a spell in a celebrity rehab centre and discover the victim was about to expose damaging secrets. (T) 10.00 CSI: NY. A man in fancy dress is found dead in Central Park; (R) (T) five news update. 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Urban Legends. (T) 12.30 Urban Legends. (T) 1.00 Football. 2.00 NBA Basketball. 4.30 Football Italiano.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Chris Tarrant's Great Pretender. Game show in which the winner bags the prize money halfway through, then has to keep the other contestants guessing. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. The police tell Gray that a trace of blood was found on Rosemary's handbag and concerned about what his wife was doing that day he looks in her diary but finds a clue to another possible suspect. Perdy is delighted when Matthew assures her he'll wait for her and love the baby as his own and Marlon is relieved when Ross's girlfriend Kirsty comes to visit, but is soon uneasy when it becomes apparent that their relationship is on the rocks when she shows no interest in her partner or his job. (T)

7.30 UEFA Champions League Live. Manchester United v Sporting Lisbon (Kick-off 7.45pm). This evening's matchday five Group F clash comes from Old Trafford, where the Red Devils are targeting their fifth win of the campaign. (T)

9.45 I'm a Celebrity Get Me Out of Here! Ant and Dec present the latest goings-on from the celebrity survival challenge in the Australian wilderness. With the end in sight, the plucky personalities fight to survive the last few nights in the hope of emerging victorious on Friday. But for one, that dream will be left in tatters as the public vote another famous face out of the jungle at the end of the show. (T)

10.30ITV News; Weather. (T) 11.05UEFA Champions League Highlights. Jim Rosenthal presents action from this evening's matchday five fixtures, including Sevilla v Arsenal at the Ramon Sanchez Pizjuan Stadium, Manchester United v Sporting Lisbon at Old Trafford and VfB Stuttgart v Rangers at the Gottlieb Daimler Stadion. Commentary by Clive Tydesley, Peter Drury and Jon Rawling, with reports from Dave Beckett and Trevor Harris. (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1435 Lingo
1530 Portugal no Coração 1745
Operação Triunfo 2000
Teleales 2055 Football:
Portugal v England 2100 A
Guerra 2200 Sabe mais do que
um Miúdo de 10 Anos? 0045
Câmara Café 0145 Palavras pra
Quê 0215 Trio D Ataque 0415
Teleales 0605 Nôis

RTP2

0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Sim, Amor
1600 Zig Zag 1700 National
Geographic 1815 Diário de Sofia
1830 A fé Dos Homens 1900
2010 1945 Zig Zag 2045 Todos
Contas o Chris 2115 National
Geographic 2200 News 2240
ER 2330 Animais Como nós
0030 Noites da 20115 Discovery
Hour 0215 Câmara Clara 0315
2010 0400 Sociedade Civil 0615
Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na Jaca
1900 Ganhar é Que se Gente
Se Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
Desperate Housewives 0215
Sex and the City 0330 Olhar da
Serpente

TVI

0700 Diário Da Manha 1000
Você na TV 1300 News 1400 As
Tardes da 1700 Quem
Quer Ganha 1800 Morango
com Açúcar 2000 News 2115
Olha dos Amores 2215 Doce
Fugitiva 2315 Tu e Eu 0015 Film
TBA

Best of the Rest

BBC3

7.00 Doctor Who 7.50 Doctor
Who Confidential 8.00 All
New House of Tiny
Tearaways 9.00 Can Fat
Teens Hunt? 10.00
EastEnders 10.30 Spooks
11.30 Can Fat Teens Hunt?
12.25 Filthy Rich and
Homeless 1.25 Don't Tell the
Bride 2.25 All New House of
Tiny Tearaways 3.20 Filthy
Rich and Homeless 4.20
Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Legends: James Last - Non-
Stop Dancing 9.00 More
Dawn French's Boys Who Do
Comedy 9.30 Flight of the
Conchords 10.00 The
History of the World
Backwards 10.30 Xiao's
Long March 11.10 444 Days:
Storyville 12.55 Legends:
James Last - Non-Stop
Dancing 1.55 More Dawn
French's Boys Who Do
Comedy 2.25 The History of
the World Backwards 2.55
Legends: James Last - Non-
Stop Dancing 3.55 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40 Ricki
Lake 4.25 Sally Jessy
Raphael 5.10 Airline 5.40
Judge Judy 7.00 The New
Adventures of Superman
8.00 Film: The Mummy 12
(1999) 10.30 I'm Celebrity
Get Me Out of Here Now! 11.30
Entourage 12.00
Streetsmate 1.05
Teleshopping 4.05 ITV2
Nightscreen 6.00 Close
Sky One

1.00 Cruise with Stelios 1.30
Lion Man 2.00 Bones 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Are You Smarter
Than a 10 Year Old? 6.00
Futurama 6.30 The Simpsons
7.00 The Simpsons 7.30 The
Simpsons 8.00 Stargate
Atlantis 9.00 A Town Called
Eureka 10.00 Road Wars
11.00 Street Wars 12.00 Star
Trek: Voyager 1.00 Star Trek:
Voyager 1.50 Star Trek:
Voyager 2.40 Star Trek:
Voyager 3.30 Mile High 4.20
Relic Hunter 5.10 Guilty!

UKTV Gold

1.00 The Thin Blue Line 1.40
My Family 2.20 dinnerdaisies
3.00 My Family 3.40 The Good
Life 4.20 Keeping Up
Appearances 5.00
dinnerdaisies 5.40 The Thin
Blue Line 6.20 My Family 7.00
Sharpe 9.00 Waking the Dead
11.25 I'm Alan Partridge
12.05 I'm Alan Partridge
12.45 My Family 1.25 Prison
Break 2.15 Wogan: Now and
Then 3.05 The Afternoon Play
4.10 Jim'll Fix It Strikes Again
4.35 Close Up 4.45 Wogan:
Now and Then 5.35
Neighbours

TCM

1.00 Dodge City PG (1939)
3.00 That Forsyte Woman U
(1949) 5.00 The Power PG
(1968) 7.15 Mrs Brown,
You've Got a Lovely Daughter
U (1968) 9.00 The Big Red
One 15 (1980) 11.00 The
Quint 15 (1973) 12.50 Dark
of the Sun 12 (1968) 2.30
Teleshopping 2.50 The Yellow
Rolls-Royce PG (1964) 5.00
Bridge to the Sun U (1961)
The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

6.25 Song of Norway U (1970)
8.55 Drama Close Up 9.25
Columbo: Death Hits the
Jackpot PG (1991) 11.15
Washington Square PG (1997)
With Jennifer Jason Leigh.
1.15 Memoirs of a Geisha 12
(2005) With Ziyi Zhang. 3.45
Drama Close Up 4.15 Columbo:
Death Hits the Jackpot PG
(1991) With Peter Falk. 6.00
Washington Square PG (1997)
With Jennifer Jason Leigh.
8.00 Memoirs of a Geisha 12
(2005) With Ziyi Zhang. 10.30
Kundun 12 (1997) With Tenzin
Thuthob Tsarong. 12.50 Lords
of Dogtown 15 (2005) With
Heath Ledger. 2.40 The Killing
of Sister George 18 (1968)
With Beryl Reid. 5.05 Digdig's
Treasure PG (2001)

Sky Movies Comedy

7.00 The Party PG (1968) 8.40
She's the Man 12 (2006)
10.30 Patch Adams 12 (1998)
12.30 You've Got Mail PG
(1998) With Tom Hanks. 2.30
The Honeymooners PG (2005)
With Cedric the Entertainer.
4.05 She's the Man 12 (2006)
With Amanda Bynes. 6.00
Patch Adams 12 (1998) With

Robin Williams. 8.00 You've
Got Mail PG (1998) With Tom
Hanks. 10.00 American Pie
Presents: The Naked Mile 15
(2006) With John White. 11.45
The Ice Harvest 15 (2005)
With John Cusack. 1.15 The
Honeymooners PG (2005) With
Cedric the Entertainer. 2.50
American Pie Presents: The
Naked Mile 15 (2006) With
John White. 4.35 The Party
PG (1968)

Sky Movies Action

6.05 Magic Kid 2 PG (1994)
7.50 Eddie Macon's Run 15
(1983) 9.35 Lord of War 15
(2005) 11.40 The Matador 15
(2005) With Pierce Brosnan.
1.25 Eddie Macon's Run 15
(1983) With John Schneider.
3.10 Lord of War 15 (2005)
With Nicolas Cage. 5.15 Red
Dawn 15 (1984) With Patrick
Swayze. 7.15 Dead Calm 15
(1988) With Nicole Kidman.
9.00 Internal Affairs 18 (1990)
With Richard Gere. 11.00 Red
Dawn 15 (1984) With Patrick
Swayze. 12.55 Running
Scared 18 (2006) With Paul
Walker. 3.00 Mississippi
Burning 18 (1988) With Gene
Hackman. 5.10 In the Line of
Duty: Siege at Marion PG
(1992)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports
Fans 9.00 UEFA Champions
League 9.30 UEFA Champions
League 10.00 UEFA
Champions League 10.30
UEFA Champions League
11.00 UEFA Champions
League 11.30 Big League
Weekend 1.00 UEFA
Champions League 1.30 UEFA
Champions League 2.00 UEFA
Champions League 2.30 UEFA
Champions League 3.00 UEFA
Champions League 3.30 UEFA
Champions League 4.00 UEFA
Champions League 5.00 NFL:
Total Access 6.00 Revista De
La Liga 7.00 Foot Brazil 7.30
Soccer Special 10.00 Revista
De La Liga 11.00 A-League
11.30 Foot Brazil 12.00 Sports
Unlimited 1.00 Revista De La
Liga 2.00 A-League 2.30 Foot
Brazil 3.00 World Motor Sport
5.30 Close

Sky Sports 2

6.00 Soccer AM: The Best
Bits 7.00 WWE: Afterburn 8.00
Big League Weekend 9.30
World Motor Sport 12.00 Show
Jumping 2.00 Soccer AM: The
Best Bits 3.00 NFL 5.00 Live
UEFA Champions League.
CSKA Moscow v PSV
Eindhoven (Kick-off 5.30pm).
7.30 Live UEFA Champions
League. VfB Stuttgart v
Rangers (Kick-off 7.45pm).
10.30 Poker Million 12.30 NFL:
Total Access 1.30 The Dogs
2.00 Sailing 2.30 Close

Sky Sports 3

10.00 Beach Volleyball 11.00

Racing News 11.30 Aerobics
Oz Style 12.00 Soccer AM:
The Best Bits 1.00 NFL: Total
Access 2.00 High Altitude 2.30
World Motor Sport 5.00 WWE:
Smackdown 7.00 NFL 9.00
Beach Volleyball 10.00 Sports
Unlimited 11.00 European
Seniors Tour Golf 12.00 Sailing
12.30 Beach Volleyball 1.30
Show Jumping 3.30 Close

British Eurosport

7.30 Eurosport Buzz 8.00
Eurosport Champions 8.30
Futsal 9.30 Eurogoals 10.15
UEFA Champions League 11.15
WATTS 11.30 UEFA Champions
League 12.30 Inside Euro 2008
1.00 UEFA Champions League
2.00 Alpine Skiing 2.45 Alpine
Skiing 3.30 Ski Jumping 4.00
Ski Jumping 5.00 Eurogoals
5.15 Ski Jumping 6.15
Eurogoals 7.00 Boxing 8.00
Boxing 10.00 World Rally
Championship 11.00 F1: Track
for Success 12.00 World
Touring Car Championship
12.30 Close

Sky Sports Xtra

2.30 Airsports World 3.00
Beach Volleyball 4.00 High
Altitude 4.30 Aerobics Oz
Style 5.00 Beach Volleyball
6.00 360 Surfing 6.30 The
Dogs 7.00 Sailing 7.30 Live
UEFA Champions League.
Lyon v Barcelona (Kick-off
7.45pm). Plus a chance for
viewers to see five other
games on the interactive
service. 10.00 The Dogs
10.30 Sailing 11.00 High
Altitude 11.30 The Dogs 12.00
360 Surfing 12.30 Airsports
World 1.00 High Altitude 1.30
360 Surfing 2.00 Close

Special
HEALTH
INSURANCE for Readers

10% off your first year's premium



PAT Care

See page 21

BBC1

6.00 Breakfast. (T) 9.15 What's Really in Our Food? (T) 10.00 Escape to the Country; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (T) 3.50 The Secret Show. (R) (T) 4.00 Animalia; (T) 4.30 Thump Wrestling Federation; TWf. (R) (T) 4.30 S.Mart. (T) 5.00 Blue Peter. (T) 5.25 Newsworld. (T)

5.35 Neighbours. Declan and Oliver bond when they realise they both want Richard to live to face legal proceedings. Kirsten tries to set Ned up when she realises he's forgotten Mickey's birthday. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 My Family. Abi's father decides to remarry and asks Ben to be his best man - which proves to be a bad move. What's more, things get worse once Nick is given the responsibility of running the stag party. (R) (T)

8.00 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T)

8.30 The Enforcers. Marc Newton, a member of Jamie Waller's high-tech team of bailiffs, is threatened with a knife, and a driver with unpaid tickets tries to unlawfully remove a wheel clamp. (T)

9.00 The Nature of Britain. Alan Titchmarsh explores the areas of Britain that can still be officially classed as wilderness and discovers how animals and plants survive in these harsh environments. In the Cairngorms, the ptarmigan is perfectly suited to life in the snow, while in the lowland heaths of Dorset, the natterjack toad has a unique way of coping with the heat. However, the habitats are facing a new threat - climate change. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling and the all-important results of the Thunderball and Lotto draws are revealed. (T)

10.40 Evicted Update; (T) National Lottery Update.

11.45 FILM: Man About Dog (2004). Premiere. Comedy, starring Allan Leech; (T) Weatherwise.

1.15 Sign Zone: Antiques Roadshow. (R) (T) 2.10 Sign Zone: Earth: The Power of the Planet. (R) (T) 3.10 Sign Zone: Rogue Traders. (R) (T) 3.40 Sign Zone: Take on the Takeaway. (R) (T) 4.10 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) 6.40 LazyTown's Mini Workouts. (R) (T) 7.00 CBBC: Yvon of the Yukon. (R) (T) 7.25 Newsworld. (T) 7.30 Whizz Whizz Bang Bang. (R) (T) 7.55 Clutter Nutters. (R) (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Ping. (R) 9.30 Jakers! (R) (T) 9.55 Mr Tumble. (T) 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (R) (T) 10.30 The Flying Gardener. (R) (T) 10.45 Family Xchange. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Park: Wild in Africa. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (R) (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Top Gear. Celebrating 40 years of British Leyland. (R) (T) 8.00 Ben's Zoo. Ben Mee discovers he has a lot of work to do before obtaining a licence as the animal enclosures need repairs, and there's worse news when his wife is diagnosed with terminal cancer. (T) 9.00 Heroes. Nathan attempts to win the election. (T) 9.45 Heroes Unmasked. Director John Badham discusses his role. (T) 10.00 The 800 Million Pound Railway Station. The opening ceremony is planned. Last in series. (T) 10.30 Newsworld; Weather. (T) 11.20 Man Stroke Woman. (T) 11.50 Charlie Brooker's Screenwipe. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.30 The Big Drugs Debate. (R) (T) 9.30 Minute Wonder. (R) (T) 10.30 Britain's Deadliest Addictions; (T) Quit. (R) (T) 11.00 The Unteachables; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 It's Me or the Dog. (R) (T) 1.00 How Clean Is Your House? (R) (T) 1.30 FILM: The Bedford Incident (1965). Cold War thriller, starring Richard Widmark. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Turner Prize 2007. The work of artist Mike Nelson. (T) 8.00 How to Look Good Naked. Helping a bride-to-be. (T) 9.00 The Secret Millionaire. Terry George, who made his fortune through nightclubs and bars in Leeds and by running the Mr Gay UK competition, attempts to live on the minimum wage in a poor Cornwall area. (T) 10.00 Love Trap. Men from around the world compete to attract a woman. Last in series. (T) 11.05 Ramsay's Kitchen Nightmares. (R) (T) 12.10 The White Stripes: Video Exclusive. (T) 12.15 First Cut: Sleep with Me. (T) 12.45 Studio 60 on the Sunset Strip. (T) 1.45 Studio 60 on the Sunset Strip. (T) 2.35 King of the Hill. (T) 3.00 King of the Hill. (T) 3.25 Transmission. (R) (T) 4.25 The White Stripes: Video Exclusive. (R) 4.30 Headland. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Angels of Jarm. (T) 6.45 Funky Valley. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fili and the Flowerbots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Sailor Sid. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.45 AfterSchool. (T) 3.30 five news update. 3.40 FILM: Loving Evangeline (1998). Drama, starring Nick Mancuso. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Binge Britain: Diet Doctors Specials. Boxer Cathy Brown eats fast food three times a day; (T) 7.30 five news update. (T) 8.00 Diet Doctors: Inside and Out. A former strongwoman with potentially life-threatening problems; (T) 8.00 five news at 8. 9.00 FILM: Murder at 1600 (1997). Homicide detective Wesley Snipes joins forces with secret service agent Diane Lane to investigate the murder of a White House employee. Misjudged political thriller, with Alan Alda. 11.10 Pleasure for Sale. (T) 12.10 Winning Poker with Jesse May. (T) 1.10 Live NHL Ice Hockey. Chicago Blackhawks v Tampa Bay Lightning (Face-off 1.30am). (T) (S) 3.40 X Games. 4.20 A1 Grand Prix. 5.10 Seniors Golf.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Chris Tarrant's Great Pretender. Game of bluff in which one player wins the prize money halfway through the show, but has to keep the others guessing in a bid to hang on to the cash. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Ross admits his relationship with Kirsty is on the rocks but shocks Donna with the reason why he's reluctant to break it off. Douglas ups sets Laurel when he reveals he no longer feels the same way about Hilary, and Viv and Freddie ace Pollard for support with their campaign. (T)

7.30 Coronation Street. Maria arranges to meet Liam to tell him about her pregnancy, fearful it will mean the end of their relationship. A stunned Steve receives a phone call from his dad, telling him he is going to be released from prison the next day, and Lauren promises not to breathe a word to Jamie when she finds out about Sean's loan. (T)

8.00 The Bill. Conclusion of the three-part interactive story. Derek Jacobs becomes prime suspect for the Rock Against Racism shootings and the murder of Abdul Muntqim, and Sagger's partner reveals how he smuggled looted goods into the country in her son's coffin. The case reaches a dramatic climax when the killer turns up unexpectedly at the station. Viewers can examine the official case file on the dedicated website. (T)

9.00 I'm a Celebrity Get Me Out of Here! Having survived everything the jungle has thrown at them so far, the celebrities steel themselves for the toughest ordeal of all - the viewers' vote to decide who will be next to leave the Australian wilderness. Presented by Ant and Dec. (T)

10.30 ITV News; Weather. (T)
11.05 Superhuman - Giants. The world's tallest people discuss their lives, relating poignant tales of triumph over adversity and revealing how the simplest everyday tasks can turn into daunting challenges. (R) (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1700 Lingo
1800 Portugal em Directo 1900
Operação Triunfo 1940
Portugal V Finland 2130 News
0100 Operação Trinfo 0145
Underground, film Telesales
0605 N6s

RTP2
0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Sim, Amor
1600 Zig Zag 1700 National
Geographic 1815 Diário de Sofia
1830 a Fé dos Homens 1900
Biosfera 1945 Zig Zag 2045
Todos Contra o Chris 2115
national Geographic 2200 News
2240 24 2315 Bastidores 2330
Clube de Jornalistas 0030
Noites da 2 0115 Discovery
Hour 0215 Consigo 0245
Bastidores 0315 Biosfera 0400
Sociedade Civil 0600 Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na Jaca
1900 Ganhar é Que se Gente
Se Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0045
Films TBA 0215 Sex and the City
0330 Olhar da Serpente

TVI
0700 Diário Da Manhã 1000
Vocé na TV 1300 News 1400
As Tardes da Júlia 1700 Que
Quer Ganha 1800 Morangos
com Açúcar - Férias de Verão
2000 News 2115 Ilha dos
Amores 2215 Doce Fugitiva
2315 Tu e Eu 0015 Film TBA
0230 Toca a Ganhar 0345 TVI
Negócios 0400 O Portector IVI
0500 Telesales

Best of the Rest

BBC3

7.00 Doctor Who 7.50 Doctor
Who Confidential 8.00 All
New House of Tiny Tearaways
9.00 Drop Dead Gorgeous
10.00 Heroes 10.45 Family
Guy 11.10 Family Guy 11.30
The Mighty Boosh 12.00 Drop
Dead Gorgeous 12.55 Filthy
Rich and Homeless 1.55
Comedy Shuffle 2.25 The
Mighty Boosh 2.55 All New
House of Tiny Tearaways
3.50 Filthy Rich and
Homeless 4.50 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Parallel Worlds - A User's
Guide 9.00 The Grierson
Awards 10.00 The Nature of
Britain: A User's Guide
11.00 The Genius of
Photography 12.00 Tales
from the Jungle 1.00 Tales
from the Jungle 2.00 Tales
from the Jungle 3.00 The
Nature of Britain: A User's
Guide 4.00 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40
Ricki Lake 4.25 Sally Jessy
Raphael 5.10 Airline 5.40
Judge Judy 7.00 The New
Adventures of Superman
8.00 Shoplifters - Caught
on Camera 9.00 American
Music Awards 10.30 I'm a
Celebrity Get Me Out of
Here Now! 11.30 Coronation
Street 12.00 Katy Brand's
Big Ass Show 12.30
Hollywood Lives 1.00
Hollywood Lives 1.30
Teleshopping 4.30 ITV2
Nightscreen 6.00 Close

Sky One

1.00 Cruise with Stellos 1.30
Lion Man 2.00 Bones 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Are You Smarter
Than a 10 Year Old? 6.00
Futurama 6.30 The Simpsons
7.00 The Simpsons 7.30 Live
UEFA Champions League
10.00 Blue Revolution 11.45
Law & Order 12.45 Bones
1.45 Star Trek: Voyager
2.40 Star Trek: Voyager
3.30 Star Trek: Voyager
4.20 Star Trek: Voyager
5.10 Guilty!
UKTV Gold
1.00 The Thin Blue Line 1.40
My Family 2.20 dinnerladies
3.00 My Family 3.40 The
Good Life 4.20 Keeping Up
Appearances 5.00
dinnerladies 5.40 The Thin
Blue Line 6.20 My Family
7.00 Sharpe 9.00 New Tricks
10.00 Shark 11.00 I'm Alan
Partridge 11.40 I'm Alan
Partridge 12.20 My Family
1.00 Prison Break 1.55
Wogan: Now and Then 2.45
The Afternoon Play 3.45
Close Up 3.55 Jim'll Fix It
Strikes Again 4.20 Wogan:
Now and Then 5.10
Neighbours 5.35 Neighbours

TCM

1.00 The Girl and the General
PG (1967) 3.00 Hotel
Paradiso PG (1966) 4.45
Julius Caesar U (1953) 6.55
The Sandpiper PG (1965)
9.00 Pale Rider 15 (1985)
11.05 Poltergeist 15 (1982)
1.00 Teleshopping 1.20 Hit
Man 15 (1972) 2.50 The
Champ PG (1979) 5.00
Bhowani Junction PG (1956)

The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

6.45 The Derby Stallion PG
(2005) 8.45 Between Love
and Honor PG (1995) 10.25
Columbo: Grand Deceptions
PG (1989) 12.10 Cleopatra
1.55 Freedomland 15 (2006)
With Samuel L. Jackson.
3.55 Drama Close Up 4.25
Columbo: Grand Deceptions
PG (1989) With Peter Falk.
6.15 Between Love and
Honor PG (1995) With Grant
Show. 8.00 Syriana 15
(2005) With George
Clooney.
10.10
Freedomland 15 (2006) With
Samuel L. Jackson. 12.10
Cleopatra 1.55 Bee Season
12 (2005) With Richard
Gere. 3.40 A Taste of Honey
15 (1961) 5.25 Long Road
Home PG (1991)

Sky Movies Comedy

6.15 Stay Tuned PG (1992)
7.50 Max Rules: Adventures
of a Superspy PG (2005)
9.20 Saving Grace 15 (1999)
11.00 Honeymoon with Mom
12 (2006) With Shelley
Long. 12.35 Comedy Close
Up 1.05 The Break-Up 15
(2006) With Jennifer
Aniston. 2.55 Stay Tuned
PG (1992) With John Ritter.

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

Sky Movies Action

4.30 Fat Albert U (2004)
With Kenan Thompson. 6.05
One Fine Day PG (1996)
With George Clooney. 8.00
The Break-Up 15 (2006)
With Jennifer Aniston.
10.00 Saving Grace 15
(1999) With Brenda Blethyn.
11.40 The Road to Wellville
18 (1994) With Anthony
Hopkins. 1.40 Honeymoon
with Mom 12 (2006) With
Shelley Long. 3.15 One Fine
Day PG (1996) 5.05 Fat
Albert U (2004)

Sky Movies Action

6.45 The Legend of Butch
and Sundance PG (2004)
8.15 Derailed 15 (2005)
10.05 Revolver 15 (2005)
12.05 The Game 15 (1997)
With Michael Douglas. 2.15
Derailed 15 (2005) With
Jennifer Aniston. 4.15
Revolver 15 (2005) With
Jason Statham. 6.15
Munich 15 (2005) With Eric
Bana. 9.00 The Game 15
(1997) With Michael
Douglas. 11.10 Inside Man
15 (2006) With Denzel
Washington. 1.20 Basic
Instinct 2 18 (2006) With
Sharon Stone. 3.15
Gridlock'd 18 (1997) 4.50
The Legend of Butch and
Sundance PG (2004)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans
9.00 UEFA Champions League
12.30 Revista De La Liga 1.30
A-League 2.00 UEFA Champions
League 6.00 European Tour
Weekly 6.30 FIFA Futbol Mundial
7.00 Hatton v Mayweather 24/7
7.30 Soccer Special 10.00
Hatton v Mayweather 24/7 10.30
Football Special 12.00 FIFA
Futbol Mundial 12.30 Hatton v
Mayweather 24/7 1.10 Poker
Million 3.00 Hatton v Mayweather
24/7 3.30 Football Special 5.00
Sports Unlimited

Sky Sports 2

6.00 Revista De La Liga 7.00
WWE: Heat 8.00 Revista De La
Liga 9.00 High Altitude 9.30
Foot Brazil 10.00 Poker Million
12.00 A-League 12.30 The Dogs
1.00 Beach Volleyball 2.00
European Seniors Tour Golf 3.00
Poker Million 5.00 FIFA Futbol
Mundial 5.30 Hatton v
Mayweather 24/7 6.00 Live UEFA
Champions League. Liverpool v
FC Porto (Kick-off 7.45pm).
11.00 Hatton v Mayweather 24/
7 11.30 NFL: Total Access 12.30
Max Power 1.30 Rallyzone 2.00
Close

Sky Sports 3

7.30 Sailing 8.00 European
Seniors Tour Golf 9.00 Women's
Pool 10.00 Women's Pool 11.00
Racing News 11.30 Aerobics Oz
Style 12.00 Sports Unlimited
1.00 NFL: Total Access 2.00
High Altitude 2.30 The Dogs
3.00 360 Surfing 3.30
Powerboating 4.00 Sports
Unlimited 5.00 WWE: Bottom
Line 6.00 WWE: Afterburn 7.00

Women's Pool 8.00 Women's
Pool 9.00 Hatton v Mayweather
24/7 9.30 Rallyzone 10.00
Watersports World 11.00 High
Altitude 11.30 Rallyzone 12.00
Transworld Sport 1.00 Thinking
Tackle 2.00 Women's Pool 3.00
Women's Pool 4.00 Close

British Eurosport

7.30 Yoz Magazine 8.00
Supercross 9.00 Ski Jumping
10.00 World Rally Championship
11.00 Supercross 12.00 Ski
Jumping 1.00 Ski Jumping 2.00
Alpine Skiing 2.45 Alpine Skiing
3.30 Alpine Skiing 4.00 Ski
Jumping 5.00 Eurogoals 5.15
Ski Jumping 6.15 Ski Jumping
6.45 Olympic Magazine 7.15
Wednesday Selection 7.20
Riders Club 7.25 Wednesday
Selection 7.30 Challenge Tour
Golf 8.30 Golf Club 8.35 Sailing
9.05 Yacht Club 9.10 Polo 9.40
Wednesday Selection 9.45
Eurosport Champions 10.15 Ski
Jumping 11.00 UEFA Cup
Football 12.00 Olympic Magazine
12.30 Close

Sky Sports Xtra

1.30 Sailing 2.00 Women's Pool
3.00 Women's Pool 4.00 High
Altitude 4.30 Aerobics Oz Style
5.00 NFL: Total Access 6.00
Rallyzone 6.30 Thinking Tackle
7.30 Live UEFA Champions
League. Rosenberg v Chelsea
(Kick-off 7.45pm). Plus, a
chance for viewers to see seven
other games on the interactive
service. 10.00 Thinking Tackle
11.00 Irish Greyhound Racing
11.30 Watersports World 12.30
High Altitude 1.00 FIFA Futbol
Mundial 1.30 Airsports World
2.00 Irish Greyhound Racing
2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 What's Really in Our Food? (T) 10.00 Escape to the Country; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (R) (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (T) 3.50 The Secret Show. (R) (T) 4.00 Animalia; (T) The Owl. (T) 4.30 Hedz. (T) 5.00 Chute. (T) 5.25 Newsround. (T)

5.35 Neighbours. In her efforts to win custody of Mickey, Kirsten makes a pass at Ned in a desperate attempt to goad Janae into violence. Toadie hires his professional hero Diana Murray after he realises his workload is becoming too much following Rosie's departure. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. After a series of upsets, Ronnie and Roxy are ready for the club's opening night, but are surprised by an unwitting guest. Dot returns to the Square and is desperate to find a quiet place to herself. Darren realises Kevin is hiding something, and Heather plays Cupid to Shirley and Vinnie. (T)

8.00 Waterloo Road. Eddie, Tom and Davina plan an adventure trip for some of the school's most difficult students, but when Grantly gets on the wrong side of Bolton Smilie, he puts the excursion - and a teacher's life - in danger. Back at the school, Rachel discovers a pupil's young brother has been left home alone and Brett requests a transfer after Mika says she never wants to see him again. (T)

9.00 The Street. Lorraine Ashbourne stars as Cath Hanley, whose husband is in prison awaiting trial following a drugs deal. She begins to fear her eldest child Ian will soon be joining him when he's accused of killing a taxi driver - until she realises he's covering for the real culprit, his cousin Gary. However, her sister Jan refuses to let her son hand himself in. With Gina McKee and Lorcan Cranitch. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Holiday Weather. 12.25 Sign Zone: Nigella Express. (R) (T) 12.55 Sign Zone: Heston Blumenthal: In Search of Perfection. (R) (T) 1.25 Sign Zone: Oz and James's Big Wine Adventure. (R) (T) 1.55 Sign Zone: The Company. (R) (T) 3.30 Sign Zone: Take on the Takeaway. (R) (T) 4.00 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) LazyTown's Mini Workouts. (R) (T) 7.00 CBBC: Yvon of the Yukon. (R) (T) 7.25 Newsround. (T) 7.30 Whizz Whizz Bang Bang. (R) (T) 7.55 Clutter Nutters. (R) (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Pingu. (R) 9.30 Jakers! (R) (T) 9.55 Mr Tumble. (T) 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (T) 10.30 Schools: Big Slam Poetry. (T) 10.50 BBC Primary Geography. (T) 11.10 Look and Read. (T) 11.30 Watch. (T) 11.45 Pod's Mission. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Around the World in 80 Treasures. (R) (T) 2.00 Animal Park: Wild in Africa. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It. (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (R) (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Rick Stein's Mediterranean Escapes. Seafood dishes in Majorca. (R) (T) 8.00 Arrange Me a Marriage. Anela Rahman finds a partner for a 37-year-old account executive. (T) 9.00 Never Mind the Buzzcocks. With guests Keith Chegwin and Rich Fulcher. (T) 9.30 Lead Balloon. Rick fears he's about to be handed a driving ban when caught speeding, and decides his only course of action is to persuade someone else to own up instead. (T) 10.00 The Graham Norton Show. With guest comedian Alan Carr. (T) 10.30 Newsnight; Weather. (T) 11.20 Heroes. (R) (T) 12.05 The Cult Of. (R) (T) 12.35 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.30 Giving Up the Weed; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Britain's Deadliest Additions; (T) Quit. (R) (T) 11.00 The Unteachables; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 It's Me or the Dog. (R) (T) 1.00 How Clean Is Your House? (R) (T) 1.35 Water Stories. (R) (T) 1.45 FILM: Winchester '73 (1950). Western, starring James Stewart. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Turner Prize 2007. Sculptor Nathan Coley's work. Last in series. (T) 8.00 Britain's Real Monarch. Intriguing evidence suggesting Edward IV was illegitimate - a theory that would invalidate the succession of every subsequent British monarch from Henry VII to Elizabeth II. (R) (T) 9.00 The Queen's Wedding. Queen Elizabeth II and Prince Philip's marriage. (T) 10.00 Without a Trace. A woman with one month to live disappears. (T) 11.00 Shameless. (R) (T) 12.05 Coming Up: Imprints. (T) 12.40 4Music: Dubplate Drama. (T) 1.10 FILM: Narc (2002). Premiere. Thriller, starring Jason Patric and Ray Liotta. 3.05 Gangland Graveyard. (R) (T) 4.05 KOTV. (T) 4.30 Transavert Sport. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Angels of Jarm. (T) 6.45 Funky Valley. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 AfterSchool. (T) 3.25 five news update. (T) 3.35 FILM: Flood: A River's Rampage (1997). Drama, starring Richard Thomas. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Live UEFA Cup Football. Bolton Wanderers v Aris Salonika (Kick-off 8.00pm). Coverage of the Group F encounter at the Reebok Stadium, as Gary Megson's side look for victory against their Greek opposition. (T) 10.10 Californication. (T) 10.50 30 Rock. (T) 11.20 A Girl's Guide to 21st Century Sex. (R) (T) 12.05 Quiz Call. 4.00 Dutch Football. 5.10 Football Argentina Highlights.

LOCAL

RTPI
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1435 A Vizinha do Lado, film 1530 Portugal no Coração 1800 Portugal em Directo 1855 Operação Triunfo 1910 O Preço Certo 2000 News 2100 Grande Entrevista 2145 Sabe Mais do que Um Mudo de 10 Anos? 2245 A Tempestade 0045 Câmara Café 0115 Palavras para Quê...? 0200 Facing Window, film 0400 Telesales 0605 Nôs

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Chris 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animaís Com Nós 0030 Noites da 2 0130 Roma 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contanto 1600 Film TBA 1800 Film TBA 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0215 Seagant Rutledge, film

TVI
0700 Diário Da Manhã 1000 Voz na TV 1300 News 1400 Tarde da 1800 1700 Quem Quer Ganha 1800 Morangos Com Açúcar 2000 News 2115 Ilhas Amores 2215 Dose Fugitiva 2330 Tu e Eu 0100 Escritório 0200 Gertaz das Artes 0230 Toca a Ganhar 0345 TVI Negócios 0400 Protector IV 0445 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 All New House of Tiny Tearaways 9.00 EastEnders 10.30 The Mighty Boosh 11.00 Comedy Shuffe 11.30 Don't Tell the Bride 12.25 Filthy Rich and Homeless 1.20 The Mighty Boosh 1.50 Comedy Shuffe 2.20 All New House of Tiny Tearaways 3.20 Filthy Rich and Homeless 4.20 Close

BBC4
7.00 World News Today 7.45 Weather 7.30 Doctors to Be: Twenty Years On 8.00 The Twenties in Colour: The Wonderful World of Albert Kahn 9.00 The Genius of Photography 10.00 City of Men 10.30 The Late Edition Live 11.00 Party Animals 11.50 Doctors to Be: Twenty Years On 12.20 The Genius of Photography 1.20 The Twenties in Colour: The Wonderful World of Albert Kahn 2.20 The Late Edition Live 2.50 The Genius of Photography 3.50 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 Superhuman Giants 9.00 Streetmate 10.00 Entourage 10.30 I'm a Celebrity Get Me Out of Here Now 11.30 The Black Donnellys 12.30 Entourage 1.00 Teleshopping 4.00 ITV2 Nightscreen 6.00 Close

Sky One
1.00 Cruise with Stelios 1.30

Lion Man 2.00 Bones 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Journeyman 11.00 Prison Break 12.00 Star Trek: Voyager 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 The Villa 3.30 Mile High 4.20 Relic Hunter 5.10 Guilty!

UKTV Gold
1.00 The Thin Blue Line 1.40 My Family 2.20 dinnerladies 3.00 My Family 3.40 The Good Life 4.20 Keeping Up Appearances 5.00 dinnerladies 5.40 The Thin Blue Line 6.20 My Family 7.00 Sharpe 9.00 Brucie's Generation Game - Now and Then 9.30 Only Fools and Horses 10.35 The Vicar of Dibley's Top 40 Moments 12.35 I'm Alan Partridge 1.15 Prison Break 2.10 Wogan: Now and Then 3.00 Blessed 3.30 Jim'll Fix It Strikes Again 4.20 Wogan: Now and Then 5.10 Neighbours 5.35 Neighbours

TCM
1.00 Green Mansions U (1959) 3.00 Cat on a Hot Tin Roof PG (1958) 5.10 The Secret of My Success PG (1965) 6.55 Logan's Run PG (1976) 9.00 Blazing Saddles 15 (1974) 10.40 Fame 15 (1980) 12.55 Teleshopping 1.10 Arturo's Island 15 (1962) 2.45 The Fixer 15 (1968) 5.00 The VIPs U (1963)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.05 Made in Heaven PG (1987) 8.50 Evita PG (1996) 11.05 Columbo: Murder, Smoke and Shadows PG (1989) With Peter Falk. 12.45 Cleopatra 2.20 Made in Heaven PG (1987) With Timothy Hutton. 4.05 Columbo: Murder, Smoke and Shadows PG (1989) With Peter Falk. 5.45 Evita PG (1996) With Madonna. 8.00 United 93 15 (2006) With Christian Clemenson. 10.00 The Accused 18 (1988) With Jodie Foster. 11.55 Cleopatra 1.30 Sunday, Bloody Sunday 15 (1971) With Glenda Jackson. 3.25 The Secret Life of Zoey 12 (2002) 5.00 Big Spender PG (2003)

Sky Movies Comedy

6.45 Milk 15 (1998) 8.25 The Perfect Man PG (2005) 10.10 Mrs Doubtfire PG (1993) 12.20 Never Been Kissed 12 (1999) With Drew Barrymore. 2.15 The Top 10 Show 2.35 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 4.10 If Only 15 (2004) With Jennifer Love Hewitt. 5.50 Mrs Doubtfire PG (1993) With Robin Williams. 8.00 Never Been Kissed 12 (1999)

With Drew Barrymore. 10.00 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 11.30 Private Parts 18 (1997) With Howard Stern. 1.25 Fandango 15 (1984) With Kevin Costner. 3.05 If Only 15 (2004) 4.45 The Perfect Man PG (2005)

Sky Movies Action

6.30 Switchback 15 (1997) 8.35 Miami Vice 15 (2006) 10.50 Deep Impact 12 (1998) 1.00 Snakes on a Plane 15 (2006) With Samuel L Jackson. 2.50 Rush Hour 12 (1998) With Jackie Chan. 4.35 Miami Vice 15 (2006) With Colin Farrell. 6.50 Deep Impact 12 (1998) With Robert Duvall. 9.00 Snakes on a Plane 15 (2006) With Samuel L Jackson. 10.50 Rush Hour 12 (1998) With Jackie Chan. 12.35 The Substitute 2: School's Out 18 (1998) With Treat Williams. 2.10 Turbulence 18 (1997) With Ray Liotta. 4.05 Angel Flight Down PG (1996) 5.50 Action & Thriller Close Up

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ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Chris Tarrant's Great Pretender. Game of bluff - part quiz and part psychological face-off - in which the contestants thought to have done best are voted off - so it's best not to appear too clever. (T) London Tonight; Weather. (T)

6.00 ITV Evening News; Weather. (T)

7.00 Emmerdale. Marlon's jealousy gets the better of him and he attacks a bemused Ross, who maintains his relationship with Donna is purely platonic. While adding the finishing touches to the christening gown, Hilary questions Douglas about his flirtation with Lily, but the resulting bickering causes an accident. (T)

7.30 How London Was Built. Adam Hart-Davis' guided tour of the city's landmarks continues with a look at the history of London's sporting venues, including Wembley Stadium and Lords. He finds out about the ancient art of cricket bat making and uncovers the origins of tennis. (T)

8.00 I'm a Celebrity Get Me Out of Here! As the famous faces experience their penultimate day in the Australian jungle, Ant and Dec present highlights of the past 24 hours. They will also be revealing which celeb will be evicted later this evening, leaving just three to fight it out in tomorrow's final. (T)

9.00 Sold. Mel is ready for a hefty commission from the sale of Ellesmere Hall, but risks more than anticipated when she begins to fall for the potential buyer, and Matt gets in over his head with his latest marketing scam, but it's Danny who feels the repercussions of his schemes. Phoebe comes to Jonty's rescue when he's bullied by the work experience youngster. Comedy drama, starring Kris Marshall and Bryan Dick. (T)

10.00 I'm a Celebrity Get Me Out of Here! The latest evictee leaves the camp and chats to Ant and Dec about their time in the Australian jungle, revealing how it feels to have copped with the creepy-crawlies and meagre rations for two and a half weeks, but not made it to the final. (T)

10.30 ITV News; Weather. (T)

11.05 London Talking. (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Hatton v Mayweather 24/7 6.30 European Tour Weekly 7.00 European Tour Golf 10.00 Hatton v Mayweather 24/7 10.30 FIFA Futbol Mundial 11.00 Transworld Sport 12.00 Football Special 1.30 European Tour Golf 4.30 Football Special 6.00 Premier League World 6.30 Live Years of the PFA 7.30 Live Victory Shield Football. Scotland v England (Kick-off 7.45pm). 9.45 100 Years of the PFA 10.45 Premier League World 11.15 Poker Week 11.45 Victory Shield Football 12.45 100 Years of the PFA 1.45 The Rugby Club 3.15 Premier League World 3.45 U Can Do It 3.55 Live Test Cricket. India v Pakistan.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 High Altitude 9.30 Aerobics Oz Style 10.00 Thinking Tackle 11.00 Rallyzone 11.30 High Altitude 12.00 Max Power 1.00 Thinking Tackle 2.00 Rallyzone 2.30 FIFA Futbol Mundial 3.00 Hatton v Mayweather 24/7 3.30 Rallyzone 4.00 Race World 5.00 Tennis 6.00 The Rugby Club 7.30 Golf Night 9.00 The Rugby Club 10.30 NFL: Total Access 11.30 Golf Night 1.00 Live NFL. Dallas Cowboys v Green Bay Packers (Kick-off 1.15am). 4.30 Close

Sky Sports 3

9.00 Rallyzone 9.30 Irish Greyhound Racing 10.00 Aerobics Oz Style 10.00 Women's Pool 11.00 Racing News 11.30 Aerobics Oz Style

12.00 Watersports World 1.00 NFL: Total Access 2.00 High Altitude 2.30 Yachting 3.00 Watersports World 4.00 Thinking Tackle 5.00 WWE: Heat 6.00 Netball 8.00 Women's Pool 9.00 WWE: Late Night - Raw 11.00 Extreme Championship Wrestling 12.00 Race World 1.00 Premier League World 1.30 Sports Adventure 2.00 Tennis 3.00 Women's Pool 4.00 Close

British Eurosport

7.30 French Rugby 8.00 UEFA Cup Football 9.00 World Rally Championship 9.30 Live Biathlon. World Cup coverage from Kontiolathi. 11.15 Ski Jumping 12.00 Ski Jumping 12.30 Live Biathlon. World Cup coverage from Kontiolathi. 2.15 Biathlon 3.30 Luge 4.00 Biathlon 4.45 Eurogals 5.00 Live Ski Jumping. The World Cup HS142 qualifying round in Kuusamo, Finland. 6.00 Live Alpine Skiing. World Cup coverage from Beaver Creek. 7.30 Ski Jumping 8.30 Luge 9.00 Alpine Skiing 9.30 Live Alpine Skiing. World Cup coverage from Beaver Creek. 10.15 UEFA Cup Football 11.00 UEFA Champions League 12.45 Close

Sky Sports Xtra

2.30 Irish Greyhound Racing 3.00 Women's Pool 4.00 High Altitude 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 Powerboating 6.30 ATP Tennis 7.00 Race World 8.00 Tennis 9.00 Netball 11.00 High Altitude 11.30 Sports Adventure 12.00 ATP Tennis 12.30 Powerboating 1.00 High Altitude 1.30 Poker Week 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 What's Really in Our Food? (T) 10.00 Escape to the Country; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 2.30 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.50 The Secret Show. (R) (T) 4.00 Animalia; (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.30 The Basil Brush Show. (R) (T) 5.00 Trapped. (T) 5.25 Newsround. (T)

5.35 Neighbours. The police caution Janae following her argument with Kirsten- causing her and Ned to fall out and Mickey to become upset. Miranda tries to be a more relaxed parent but leaves Bridget mortified. Pepper undergoes her medical treatment but is worried about the period of abstinence it entails. (R) (T)

6.00 BBC News; Weather. (T)
6.00 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 A Question of Sport. With former Southampton footballer Matt Le Tissier, rugby union World Cup winner Chester Williams, ex-England and Surrey cricketer Alec Stewart and javelin legend Steve Buckley. (T)

8.00 EastEnders. The club's opening night goes well, but Ronnie worries when Jack explains his intentions for the future. Denise reveals plans for the family, putting Kevin under more pressure. A drunken Shirley makes Vinnie a tempting offer, while Dot reaches the end of her tether and finds herself forced to make a startling decision. (T)

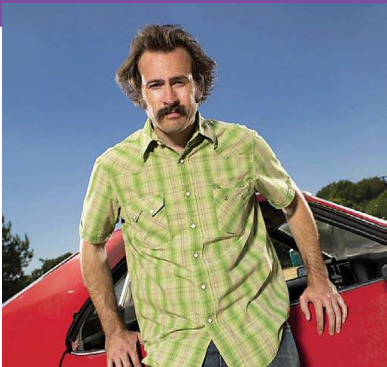
8.30 The Green Green Grass. Marlene eagerly anticipates Tyler's A-level results, dreaming of a long and distinguished academic future for her son. He isn't as enamoured with the idea as she is, until Elgin, Jed, Bryan and Mrs Cakeworthy inadvertently paint a picture of the life he could have had. John Challis and Sue Holderness star. (T)

9.00 Have I Got News for You. Will Self and Chris Addison join guest host Clive Anderson for the satirical current affairs quiz. (T)

9.30 The Armstrong & Miller Show. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. Matt Lucas and David Walliams talk about their new DVD Little Britain Abroad. Chef Hugh Fearnley-Whittingstall drops in for a chat, while Kanye West provides the music. (T)
11.35 FILM: Working Girl (1988). Comedy, starring Melanie Griffith. (T)

1.25 FILM: Since You've Been Gone (1998). Romantic comedy, starring Philip Rayburn Smith; (T) Weatherview. 3.00 Sign Zone: Top Gear. (R) (T) 4.00 Sign Zone: You Can't Fire Me, I'm Famous. (R) (T) 4.45 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) LazyTown's Mini Workouts. (T) 7.00 CBBC: Yvon of the Yukon. (R) (T) 7.25 Newsround. (T) 7.30 Whizz Whizz Bang Bang. (R) (T) 7.55 Clutter Nutters. (R) (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Pingu. (R) 9.30 Jakers! (R) (T) 9.55 Mr Tumble. (R) (T) 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 BBC Primary History. (T) 11.10 Maths Channel. (T) 11.20 Maths Channel. (T) 11.30 What? Where? When? Why? (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Around the World in 80 Treasures. (R) (T) 2.00 Animal Park: Wild in Africa. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (R) (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 The New Rich. The growth of the nouveau-riche class in Britain. (T) 7.30 Edwardians in Colour: The Wonderful World of Albert Kahn. Early colour photographs of global landmarks. (T) 8.00 A Passion for Plants. The Tatton Park flower show. (T) 8.30 Gardeners' World Special. Rachel de Thame explores super foods. (R) (T) 9.00 The Tudors. Wolsey is charged with defying the king's authority. (T) 9.50 Coast. Miranda Krestovnikoff visits Anglesey. (T) 10.00 Ol. With Doon Mackichan, Jimmy Carr and Dara O'Briain. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 Blast. (T) 12.40 FILM: Brothers in Trouble (1996). Drama, starring Om Puri. (T) 2.20 Star Trek: The Next Generation. (R) (T) 3.05 Star Trek: The Next Generation. (R) (T) 3.50 BBC News 24. (T) 4.45 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.30 Drugs. The Lowdown On Getting High. (R) (T) 3 Minute Wonder. (R) (T) 10.30 Britain's Deadliest Addictions; (T) Quit. (R) (T) 11.00 Sticks and Stones; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 It's Me or the Dog. (R) (T) 1.00 How Clean Is Your House? (R) (T) 1.30 Burgh Island: Checking Into History. (R) (T) 1.50 FILM: Cheaper By the Dozen (1950). Fact-based family comedy, starring Clifton Webb. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 First Cut: Karaoke Soul. People inspired by music they love. (T) 8.00 A Place in the Sun. Amanda Lamb revisits the Limousin region of France to catch up with Chris and Michael and see if their plans for a bed and breakfast have been successful. (T) 8.30 Ugly Betty. Wilhelmina plots her next move in the aftermath of her disastrous nuptials, while Betty attempts to sort things out with Daniel. Guest starring Mo'Nique. (T) 9.30 My Name Is Earl. Joy seeks Earl's assistance in court. Last in series. (T) 10.10 Max & Paddy's Road to Nowhere. (R) (T) 10.40 Max & Paddy's Road to Nowhere. (R) (T) 11.15 Ugly Betty. (R) (T) 12.15 4Music: Transmission. (T) 1.20 4Music: Beat Stevie. (T) 1.35 4Music: Empire Square. (T) 2.00 4Music: Dubplate Drama. (R) (T) 2.25 Goalissimo. 3.20 World Cup Snowboard. 5.10 Grudge Match. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Angels of Jarm. (T) 6.45 Funky Valley. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerfots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 FILM: Seasons of the Heart (1994). Family drama, starring George Segal. (T) 3.35 five news update. (T) 3.40 FILM: The Brooke Ellison Story (2004). Fact-based drama, starring Lacey Chabert. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Will Work for Nuts. The team try to capture a roe deer on film; (T) 7.30 five news update. 8.00 World's Strongest Man Super Series. New series. Highlights from a qualifying event. (T) 9.00 NCIS. Gibbs crosses swords with an old adversary who has re-emerged with a plan to assassinate the president, and taken Kate hostage in a bid to ensure success. Last in series. (R) (T) 10.00 Law & Order. Briscoe investigates a rigged election. Last in series. (R) (T) 11.00 Angelo's. (T) 11.30 Valley of the Sex Dolls. (R) (T) 12.00 Quiz Call. 5.05 Nick's Quest. (R) (T) 5.10 Nick's Quest. (R) (T) (S) 5.30 Nick's Quest. (R) (T) 5.35 Nick's Quest. (R) (T) (S)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Chris Tarrant's Great Pretender. Game show in which the winner bags the prize money halfway through, then has to keep the other contestants guessing. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. After much speculation and gossip about her relationship with the Bishop, Emily shocks the entire village with the news that she's leaving to become a priest. Marlon feels guilty about his fight with Ross, while Douglas and Hilary struggle to fix the christening gown in time. (T)

7.30 Coronation Street. Steve makes his way to the prison to collect his dad, who declares his hell-raising days are over. Liam is less than happy about Carla's personal life and resolves to discover more about Tony, and John has some explaining to do when he marks Rosie's essay too leniently. Elsewhere, Ryan thinks someone is following him. (T)

8.00 Bringing Down the House: Tonight. (T)

8.30 All New Airline. A party of rugby fans in Bristol hit a snag as they set off to watch the Lanelli Scarlets' match in Belfast and a penniless traveller is left stranded by a cancelled service to Berlin. The Lichtmann family make their feelings known when manager Mary Hosier tells them they have missed their plane to Madrid and must pay up for the transfer to the next day's flight. (T)

9.00 I'm a Celebrity Get Me Out of Here! Ant and Dec present the final of the celebrity challenge in the heart of the Australian rainforest. The three survivors put behind them thoughts of the gruelling daily tasks and dreaded Bushtucker Trials they have been through and prepare to face the all-important public vote to crown this year's king or queen of the jungle. Last in series. (T)

10.30 ITV News; Weather. (T)

11.05 Num3rs. Megan is racked with guilt following the death of an agent in an explosion during an investigation at a drug den and Charlie embarks on a crusade to rescue a child being abused by pornographers. Drama, starring David Krumholtz, Judd Hirsch and Rob Morrow. (T)

12.00 Make Your Play; (T) ITV News Headlines.

4.15 Karen Sisco. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 0415 Lingo
1530 Portugal eo Coração 1800
Portugal em Directo 1900
Operação Triunfo 1905 O Preço
Certo 2000 Teleasins 2100
Avenida Europa 2130 Contra
2200 Sabe mais do que um
Miúdo de 10 Anos? 0145 Fezidas
the 13th, film 0045 Teleasins
0605 Nôs
RTP2
0700 EuroNews 0715 Zig Zag
1000 Assembleia da República
1300 Zig Zag 1400 Sociedade
Civil 1530 Sim Amor 1600 Zig
Zag 1715 National Geographic
1815 A Fé dos Homens 1900 A
Alma e a Gente 1945 Zig Zag
2045 Todos Conta o Chris 2115
National Geographic 2200 News
2240 Irmãos e Irmãs 2330 Vidas
0030 Noites da 2 0130
Bastidores 0200 Filp 0230 Arte
& emoção 0300 Sociedade Civil
0430 Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na Jaca
1900 Ganhar é Que se Gente Se
Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
CSI Las Vegas 0130 007 -
Otopussy, film 0330 Polhar da
Serpente
TVI
0700 Diário Da Manhã 1000 Você
na TV 1300 News 1400 Mundialito
de Futebol de Praia 1700 Quem
Quer Ganha 1745 Morangos com
Açúcar - Férias de Verão 2000
News 2115 Euromilhões 2130
Ilha dos Amores 2215 Doce
Fugitiva 2330 Tu e Eu 0030 Film
TBA

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who
Confidential 8.00 Doctor Who 8.45
Doctor Who Confidential 9.00
Torchwood 9.50 Torchwood
Declassified 10.00 EastEnders
10.30 Tittybangbang 11.00 Two
Pints of Lager and a Packet of
Crisps 11.30 Two Pints of Lager
and a Packet of Crisps 12.00
Family Guy 12.25 Family Guy 12.45
The Mighty Boosh 1.15
Tittybangbang 1.45 Two Pints of
Lager and a Packet of Crisps 2.15
Two Pints of Lager and a Packet of
Crisps 2.40 Torchwood 3.30
Torchwood Declassified 3.45 The
Mighty Boosh 4.15 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 The Sky at Night 8.00
Legends: Carmen Miranda -
Beneath the Tutti-Fruti Hat 9.00
Brasil, Brasil 10.00 Doctors to Be:
Twenty Years On 10.30 Ol! 11.00
Charlie Brooker's Screenwipe 11.35
Batman 12.00 Batman 12.25 Flight
of the Conchords 12.50 The History
of the World Backwards 1.20 Brasil,
Brasil 2.20 Legends: Carmen
Miranda - Beneath the Tutti-Fruti
Hat 3.20 The Sky at Night 3.55
Close

ITV2
1.00 Emmerdale 1.30 The Jeremy
Kyle Show 2.35 The Jeremy Kyle
Show 3.40 Ricki Lake 4.25 Sally
Jessy Raphaela 5.10 Airline 5.40
Judge Judy 7.00 Movies Now 7.10
The X Factor 8.20 The X Factor -
The Results 9.00 Katie & Peter:
Unleashed 10.00 Coronation Street
10.30 I'm a Celebrity Get Me Out of
Here Now! 11.30 I'm a Celebrity
Changed My Life 12.35 Katie & Peter:
Unleashed 1.35 Streetmate
2.35 Teleshopping 4.30 ITV2
Nightscreen 5.00 ITV2 Nightscreen
6.00 Close

Sky One
1.00 Cruise with Stellos 1.30 Lion
Man 2.00 Bones 3.00 Stargate SG-
1 4.00 Stargate SG-1 5.00 Are You
Smarter Than a 10 Year Old? 6.00
Futurama 6.30 The Simpsons 7.00
The Simpsons 7.30 The Simpsons
8.00 Are You Smarter Than a 10
Year Old? 9.00 Project Runway
10.00 Road Wars 11.00 Street
Wars 12.00 Ibiza Uncovered 1.00
Ibiza Uncovered 1.50 The Villa
2.40 British Sex 3.30 Mike High 4.20
Relic Hunter 5.10 Guilty!
UKTV Gold
1.00 The Thin Blue Line 1.40 My
Family 2.20 dinnerdaisies 3.00 My
Family 3.40 Keeping Up
Appearances 4.20 dinnerdaisies
5.00 Only Fools and Horses 6.00
The Vicar of Dibley's Top 40
Moments 8.00 Dancing with the
Stars 9.00 Dancing with the Stars
10.00 EuroMillions: Boom Bang a
Bang 10.05 Dancing with the Stars
10.55 Film: Billy Elliot 15 (2000)
1.05 Film: The Color of Money 15
(1986) 3.10 Wogan: Now and Then
4.00 Jim'll Fix It Strikes Again 4.25
Wogan: Now and Then 5.15
Neighbours 5.35 Neighbours

TCM
1.00 Marlowe PG (1969) 3.00 High
Society U (1956) 5.15 Somebody
Up There Likes Me PG (1956) 7.15
Code Name: Emerald PG (1985)
9.00 10 Rillington Place 15 (1971)
11.05 Blow-Up 15 (1966) 1.00
Freaks 15 (1932) 2.05
Teleshopping 2.25 The Shoes of
the Fisherman U (1968) 5.00 The
Comedians PG (1967)
The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Up, Up and Away
(2000) Disney comedy, starring
Robert Townsend. 9.30 Film: Up,
Up and Away (2000) Disney
comedy, starring Robert
Townsend.

MOVIES

Sky Movies Drama
6.40 Kiss Me, Stupid PG (1964)
8.45 The Starter Wife 10.15
Columbo: Sex and the Married
Detective 15 (1999) 11.55 Drama
Close Up 12.25 The Horse
Whisperer PG (1998) With Robert
Redford. 3.15 The Starter Wife
4.50 Columbo: Sex and the Married
Detective 15 (1999) With Peter
Falk. 6.30 Amber Frey: Witness
for the Prosecution PG (2005)
With Janel Moloney. 8.00 The
Horse Whisperer PG (1998) With
Robert Redford. 10.50 Four
Brothers 15 (2005) With Mark
Wahlberg. 12.45 The Ice Storm
15 (1997) With Sigourney Weaver.
2.45 The Runner 15 (1999) With
John Goodman. 4.30 Kiss Me,
Stupid PG (1964)
Sky Movies Comedy
6.30 Marilyn Hotchkiss Ballroom
Dancing and Charm School 12
(2005) 8.20 Sixty Six 12 (2006)
9.55 The Wedding Singer 12
(1998) 11.40 Surviving Christmas
12 (2004) With Ben Affleck. 1.15
The Top 10 Show 1.35 Sixty Six
12 (2006) With Gregg Sulkin. 3.10
Beavis and Butt-Head Do America
12 (1996) With Mike Judge. 4.40
Surviving Christmas 12 (2004)

With Ben Affleck. 6.15 Scrooged
PG (1988) With Bill Murray. 8.00
Little Man 12 (2006) With Marlon
Wayans. 9.40 The Wedding Singer
12 (1998) With Adam Sandler.
11.20 Beavis and Butt-Head Do
America 12 (1996) With Mike
Judge. 12.45 I'm Gonna Git You
Sucka 15 (1988) With Keenen
Ivey Wayans. 2.20 Little Man 12
(2006) With Marlon Wayans. 4.00
Scrooged PG (1988)
Sky Movies Action

6.20 In the Line of Duty: Siege
at Marion PG (1992) 8.00 Above
Suspicion 15 (2000) 9.45 The
Matador 15 (2005) 11.25
Flightplan 12 (2005) With Jodie
Foster. 1.10 Tristan and Isolde
12 (2005) With James Franco.
3.20 Red Eye 12 (2005) With
Rachel McAdams. 5.00 Action &
Thriller Close Up 5.30 The Matador
15 (2005) With Pierce Brosnan.
7.10 Flightplan 12 (2005) With
Jodie Foster. 9.00 Lucky Number
Sleevin 18 (2006) With Josh
Hartnett. 10.55 Tristan and
Isolde 12 (2005) With James
Franco. 1.05 Red Eye 12 (2005)
With Rachel McAdams. 2.35
Above Suspicion 15 (2000) With
Scott Bakula. 4.20 In the Line of
Duty: Siege at Marion PG (1992)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1
6.00 Live Test Cricket. India v
Pakistan. 12.00 Live
International One-Day Cricket.
South Africa v New Zealand.
Continues on Sky Sports 2. 5.30
Premier League World 6.00 Big
League Weekend 7.00 Premier
League Preview 7.30 Live FA
Cup Football. Horsham v
Swansea City (Kick-off 7.45pm).
10.00 Live Friday Night Fight.
Ian Napa v Martin Power. 12.00
Hutton v Mayweather 24/7 12.30
Premier League Preview 1.00
Big League Weekend 2.00 Friday
Night 4.00 Big League
Weekend 5.00 Premier League
Preview 5.30 FIFA Futbol Mundial
Sky Sports 2
6.00 100 Years of the PFA 7.00
European Tour Golf 10.00
Premier League World 10.30 The
Rugby Club 12.00 Victory Shield
Football 1.00 100 Years of the
PFA 2.00 European Tour Golf
5.00 FIFA Futbol Mundial 5.30
Live International Cricket. South
Africa v New Zealand. 8.30 Test
Cricket 10.00 Big League
Weekend 11.00 Premier League
Preview 11.30 NFL: Total Access
12.30 NFL Weekly Review 1.00
FA Cup Football 2.30 Rally World
3.00 NFL: Total Access 4.00
Rally World 4.30 World Sport
5.00 Live Test Cricket. Sri Lanka
v England.
Sky Sports 3
6.00 Good Morning Sports Fans
9.00 Victory Shield Football
10.00 Race World 11.00 Racing
News 11.30 Aerobics Oz Style
12.00 Tennis 1.00 NFL: Total
Access 2.00 NFL 3.30 World

Sport 4.00 NFL: Total Access
5.00 WWE: Raw 7.00 Tight Lines
8.00 NFL Weekly Review 8.30
Golf Night 10.00 WWE: Late
Night - Smackdown 12.00 WWE:
Late Night - Bottom Line 1.00
British Ice Hockey 3.00 Tight
Lines 4.00 Live Test Cricket.
India v Pakistan.

British Eurosport
7.30 WATTS 7.45 UEFA Cup
Football 8.30 Live Nordic
Combined Skiing. World Cup
coverage from Kuusamo,
Finland. 10.30 UEFA Champions
League 11.30 Live Nordic
Combined Skiing. World Cup
coverage from Kuusamo,
Finland. 12.15 Ski Jumping 12.45
Live Biathlon. World Cup
coverage from Kontiolatti. 2.15
Nordic Combined Skiing 3.30
Ski Jumping 4.00 Live Ski
Jumping. The World Cup meeting
in Kuusamo, Finland. 5.45 Live
Alpine Skiing. World Cup
coverage from Beaver Creek.
7.15 Biathlon 8.30 Timbersports
Series 9.00 Strongest Man 10.00
Eurogoals 10.30 World Rally
Championship 11.00 Yoz
Magazine 11.30 Ski Jumping
12.30 Close

Sky Sports Xtra
6.00 Aerobics Oz Style 6.30
ATP Tennis 7.00 WWE: Raw
9.00 Tennis 10.00 Netball 12.00
Sports Adventure 12.30 UEFA
Champions League 4.30 British
Ice Hockey 6.30 NFL 8.00 World
Sport 8.30 Rally World 9.00 Live
Davis Cup Tennis. USA v Russia.
2.00 UEFA Champions League



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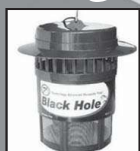
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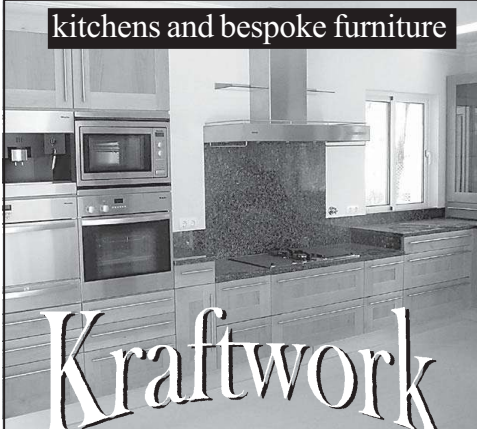
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BAPTIST MISSION - Esqueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel: 965-363-986

GREATER GRACE WORLD OUTREACH has (and archived) upbeat and inspiring Worship Services available for free viewing thru their website www.ggw.org - the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1.º d.º, Fontainhas, 2750-134 Cascais. Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring and culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm - all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

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IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15/Portuguese 12:00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9.30 every Sunday. Info Rosie Bonte-Powell 289 328302. **St. Luke's**, Monte da Palhaqueira, Gorjeões (N. Sta. Barbara) Holy Communion 11:30 a.m. every Sunday. Info Maxine Srivastava 917 267 948; Luz Senora da Luz Holy Communion 12:00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

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CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras de Alportel - 11am. at St. Lourenço Church - Alcantil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Alcantil. Further information, please contact the International Catholic Community of Alcantil (Griselda Neto) on 966168120 or Vitor on vgn@domporp.com.

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays: 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipra Shopping Centre near the church. Tel: 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Mattheu 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Loja 11 B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel: 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966380404. E-mail: jackieandmo@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm. St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

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Oporto

ENGLISH SERVICES IN OPORTO - yes, GREATER GRACE is starting services in Oporto on Sunday, November 18th. Featuring contemporary worship and in-depth biblical teaching, they will be held in the Sala Grande at Hotel Peninsular, Rua S.ª da Bandeira, 21 (behind the McDonald's in the Praça da Liberdade) while we continue our search for a permanent location. Services times will be 11/18 & 16h and 11/25 & both 16h and 18h, with morning services being added in December. Information is also available on www.NovaAurora.com or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information, including live and archived services, can also be seen at www.ggw.org.

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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesporto.org

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Sautade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce"). All welcome.

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Upward Glance

with Joyce Voelker

Rolex

A friend of ours is enjoying living in Europe. It has allowed him to do more traveling than he ever imagined. Traveling from country to country here is as easy as traveling from state to state in America. Driving only three hours from Lisbon you arrive in a different country where another language is spoken. During some of his travels, Craig has purchased expensive looking watches from street vendors. In Morocco he purchased a Breitling for €30. On the streets of Athens he bought a Rolex for €50 which I purchased from him as a gift for my husband who needed a watch. A Rolex watch is one of the finest timepieces made. Many people would jump at the opportunity to own one.

My husband was delighted with his gift and immediately got online to research Rolex watches. He found websites that explained how to tell a real Rolex from a knockoff. Carefully he inspected the watch our friend had purchased. To his untrained eyes the watch appeared to be authentic. The value was listed at over \$3,000. My mind raced with all the things we could purchase or bills we could pay if we sold the watch for even a fraction of that price. However, a trip to a jeweler in the United States this past summer revealed that the watch was indeed a fake. It is an attractive piece of jewelry and keeps good time, but it is not an authentic Rolex.

Few things of value are inexpensive. Fewer still are free. But salvation - the most impor-

tant gift of all is free. Unlike the imitation Rolex my husband wears, salvation is a gift of great eternal value. Our salvation was infinitely costly to God. Though easy for us to accept, it cost Christ the agony of Calvary. Yet, it is free to us because the price has already been paid in full by our loving God. As one hymn writer reminds us, "Jesus paid it all."

Some other American friends of ours recently visited and stayed overnight in Morocco. As a cultural joke, the owners of the hotel where they stayed offered them five camels for an eighteen year old girl traveling with them. Playing along with the joke, they told the man that there were not enough camels in the country to purchase their friend.

We cannot earn or purchase salvation. We need only believe and receive the gift of eternal life God offers us. If anyone teaches something other than this truth, he is simply pushing a "knockoff" of the real thing.

"God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it."

Ephesians 2:8-9

More information about how to have a relationship with God can be found at www.rhbc.org / personalrelationshipwithgodpage or email joycevoelker@hotmail.com

Announcements

ALGARVIDA ART
Gallery, Carvoeiro.
Painting exhibition by English artist and JJ Fox International Art prize winner Clare Ormsby until the end of November. Following that: a photography exhibition with photos from the Algarve by Helmut Opel and paintings by Portuguese artist João Bailote. info@algarvida.com, Tel.: 282 356 577, Mo - Sat: 10 am - 6 pm.

LIONS CLUBE de Loulé would like good used clothes, bric-a-brac, shoes, linen, books for their charity sales. We can collect. Phone 289 845 581 or 289 416 659.

CASA IS a well-known local social club of over 300 members who raise money to help many needs in the area. It is open to single/couples, and has a monthly newsletter of events and dinners at local venues for reasonable prices. Also outings are arranged to some interesting places in Portugal or Spain. Find out more by calling Franz on 282 312 819.

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Charities

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THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

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Portugal book Euro 2008 date



The Portuguese national football team has qualified for the Euro 2008 football championships co-hosted by Switzerland and Austria after drawing against Finland on Wednesday evening.

While Portugal's qualification has lacked the glamour fans have grown accustomed to in recent years, the team was clinical when required and secured the result it needed to qualify without too much fuss.

A win for Finland in Oporto on Wednesday evening would have handed the men from Helsinki their first presence at a major football tournament. But it was Portugal, despite being only in need of a point a draw would hand them, who did all the running.

Cristiano Ronaldo was once again disappointing and his performances of late for the national team have been in contrast to those he produces for Manchester United.

But fellow winger Ricardo Quaresma, one of the best players in the Portuguese league the past 18 months, compensated for his more illustrious team mate's lack of inspiration. He produced a string of saves from the Finnish goalkeeper and has fancy footwork always seemed to attract at least two Finnish players who could have been mistaken for spectators such as their inepti-

tude at taking the ball off the FC Porto player.

In the end, Portugal's goalkeeper Ricardo was called on only twice to make a stop from a Finnish attacker, while his opposite number would have run out of fingers when asked to list the saves he had made.

Portugal's qualification cements the country's place among the world's football elite, and excluding the team's unfortunate absence from the 1998 World Cup, Portugal has been represented at every major international and European tournament since 1996.

The draw for Euro 2008 will be made on December 2 in Lucerne, Switzerland.

In total, 16 teams will go into the hat. Portugal, as it is in Pot Three, is certain not to be grouped with Germany, Romania or Spain and will face one team from the remaining three pots which are as follows:

Pot One: Switzerland, Austria, Greece or Holland. Pot Two: Croatia, Italy, Czech Republic or Sweden and Pot Four: Poland, France, Turkey or Russia.



Portugal's players celebrate at the end of the Euro 2008 Group A match with Finland, after Portugal qualified for the Euro 2008 in Oporto at the Dragão Stadium on Wednesday. (Photo: Lusa / Estela Silva)

Portuguese spend millions on funerals

According to figures calculated and released by representatives of the funeral industry, the Portuguese population spends more than 122 million euros every year on funerals, each funeral costing an average 1,200 euros.

If this amount is calculated by the number of deaths per year, which last year the National Institute of Statistics (INS) registered at 101,948, this totals a national expenditure of more than 122 million euros.

There are currently some

1,300 registered funeral agencies in Portugal, most of which are described as 'micro, micro' companies, many being small family run businesses.

An exception to this is international consortium Servilusa, which currently has 52 agencies and 260 staff around the country.

However, industry professionals are hesitant to believe that

their future will remain as fruitful.

Nuno Monteiro, president of the National Association for Funeral-related Companies, said "in my opinion there are too many small companies. An ideal scenario would be to create a few medium sized groups that are not too strong, as strong groups tend to crush smaller businesses".

Special, from p.1.

League in successive seasons are by far his most impressive achievements.

José Mourinho has made no secret of the fact that he would enjoy managing an international side, but has been clear that he would prefer managing his native Portugal.

This could still happen, should the English FA rekindle their love-hate relationship with current Portugal coach Luiz Felipe Scolari.

While he led the Portuguese team to the 2008 European championships, the team's performances throughout the qualifying stages have been heavily criticised.

Bookmakers have the Brazilian as third-choice to take over from Steve McLaren behind Irishman Martin O'Neill.

But Big Phil's odds could be slashed following an outburst after Portugal's goalless draw at home to Finland that secured the country's qualification for Euro 2008.

Shortly before storming out of a post-match press conference,

Scolari said: "This result has the same feel as the qualification for the World Cup. While it is true we did not expect to have so many difficulties, there have been many injuries. You just complain. You only say we don't do things properly, but what do we need to do to earn your praise?" he asked before storming out of the conference room at Oporto's Dragão Stadium.

Scolari's contract with Portugal ends after Euro 2008, though he might still want to win an elusive European trophy after failing at the final hurdle with Portugal back in 2004. With England, he will not have this opportunity until 2012.

He might also have ruled out a future relationship with the FA after he pulled out of a seemingly done deal last year to take over as England manager.

He has been England's nemesis in all competitions since 2002 where en route to winning the World Cup with Brazil, he and the team beat England in the quarter-finals, before twice beating England on penalties with Portugal in 2004 and 2006.

Change in delivery of passport services in Portugal

From 12th November 2007, full UK passport services in Portugal and Spain will be joined to create a single issuing centre called the UK Passport Service Iberia, the British Embassy has revealed in a statement.

This service will be based in the British Consulate-General in Madrid, though all other consular services will

continue to be provided by their five Portuguese posts.

This change is being carefully managed to ensure that service levels remain high: straightforward applications with correctly submitted supporting documents will continue to be processed within 10 working days of receipt at the British Consulate-General in Madrid.

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